2019-B 367

Choice and *Experimented*

RECEIPTS

IN

Physick and *Chirurgery*,

AS ALSO

CORDIAL and DISTILLED

Waters and Spirits, Perfumes,

and other Curiosities.

Collected by the Honourable

and truly Learned

Sir *Kenelm Digby* Kt.

Chancellor to Her Majesty the

QUEEN-MOTHER.

The Second Edition Corrected & Amended.

LONDON:

Printed by *Andrew Clark*, for *Henry Brome*, at the Gun at the West-End of St. *Pauls*. 1675.

To the Right Honourable

GEORGE

Duke of *Buckingham*,

Knight of the most Noble Order of the Garter, and one of His MAJESTIES most Honourable Privy Council.

My LORD,

I Had formerly the Happiness of wearing an humble Relation to Sir Kenelm Digby, *and to his Business; by means of which Interest and Favour, there came to my hand divers of his Excellent Curiosities and Receipts: In truth, it is so choice a Collection, that in the first place I made it a mat-*

ter of Conscience to recommend it to the Publick: And (having permission from his ingenious Son Mr. John Digby *thereunto) my next care was, so to do it, as to render all possible Honour and Right to the Memory of that eminent Person. Upon which Consideration, I have taken the boldness to make a Dedication of it to your Lordship, as the most competent Judge and Patron of Learning and Vertue. From which presumption, I shall now descend to my self again, and vanish with this Protestation, That without pretending to the Honour of being any way known to your Lordship, No man living hath a greater Reverence for your Person and Faculties, than*

My LORD,

Your Graces most Humbe and

Obedient Servant,

GEORGE HARTMAN.

An

An approved Remedy for all sorts of Agues.

TAke thirty grains of the species of *Hiera Picra*, put this with half a pint of the best *Aqua Vitæ* into a glass-bottle, too big to contain it, which cork well, and set so near a fire, that it may feel a gentle, and but a very gentle warmth for ten or twelve hours, shaking the bottle very often: then let it stand and settle; and an hour or two before the patient expects his fit, pour off gently five or six spoonfuls, and let him take it: he may after it walk, and do what moderate exercise he pleases; perhaps it may give him a stool or two: repeat this thrice; in Quartans and Quotidians five or six times, but no oftner: it opens obstructions if the constitution be not too hot.

Another for the same.

TAke four spoonfuls of the juyce of Red-nettles, and eight of the best strong Ale you can get, mingle them well together, and give it warm to the patient, as soon as he feeleth the first emotion that always precedeth his fit, which useth to come an hour before the formal fit seiseth him; and let him lie warm in bed, with bottles of hot water at his feet, and under the arm-pits, to cause sweat, which he will do abundantly.

You need not give so much of the juyce to a

child, as to a very big man, proportion it according to their bulk : this here ſet down is for middling perſons.

The juyce is beſt in the Spring, but is good all the year long.

An approved Cure of Tertian Agues.

TAke a good handful of the leaves of Ribwort, (in the Summer green, in the Winter dry) boil them in a large draught of clear poſſet-drink, ſo that it be ſtrong of the herb. Give this to the patient to drink warm, as ſoon as he findeth ſuch alteration in his body as warneth him of the approaching fit ; and then let him lie conveniently warm to ſweat: if this cure him not the firſt time, it may the ſecond.

For the Tedious Agues.

TAke a good pint of the beſt White-wine, put into it half a handful of Camomile-flowers ; ſet theſe upon the hot embers in a veſſel cloſe covered : let them ſtew ſimpringly at the edge for an hour or thereabouts, till the Wine have drawn out all the vertue of the flowers ; then pour off the liquor, and put into it thirty grains of the fixed Salt of Tartar, drink it warm as ſoon as you find any emotion of the approaching fit, and lie warm, and it will make you ſweat. Do ſo the next fit, adding five grains more of the Salt of Tartar, ſo that you take thirty five grains ; at the third fit take forty grains, and ſo reſt there till you are well, not exceeding that quantity, though you repeat the Medicine.

A most excellent Sudorifick Cordial, which cureth all sorts of Agues, and all Burnings or Purple Fevers, as also all sorts of Fluxes and Pyles. It is also excellent for the hot Gout.

TAke Salt of Tartar one ounce, put it into a pint of French *Aqua Vitæ*, let it stand in gentle warmth a day, then filter it through a gray paper.

Take then good *Opium* well chosen, cut it into thin slices, and dry it very gently till it be a little friable; then cut it very small, and put it into a glass-bottle, and pour upon it a quart of *Aqua Vitæ*; stop the bottle well, and tie it with a bladder, and set it in the Sun in Summer, in the Winter in some gentle warmth to digest twenty four hours, or till the tincture be of a reddish brown, and the *Opium* be dissolved; then strain it through a gray paper, and put to it the dissolution of the Salt of Tartar, and infuse half an ounce of Saffron in it, then let it stand in a gentle heat six hours or more, then strain it through double paper so often till there remain no feces in the straining of it, then will the *Opium* be purified from all its venom, and is of great vertue in the foresaid diseases, then let the patient take the following purge.

Take the powder of the root Jallop twenty or twenty four grains, *Cremor Tartari* ten or twelve grains, mixt with syrop of Roses for a dose in the morning. But when there is any looseness or bloody-flux, you need not purge, but take the foresaid prepared tincture, or Cordial; the dose of it is a spoonful and half, or two spoonfuls for strong

perſons, and for little children three or four drops mixt with the milk of the Nurſe; then let the patient ſweat in his bed. This medicine will make ſweat ſometimes a day and night, or only ſome hours. The manner of uſing this remedy is thus: Purge (for example) *Munday* morning, *Tueſday* night take the Sudorifick Tincture, drink nothing all night, unleſs the heat of your mouth perſwade you to take a ſpoonful of Wine. In the morning when your ſweat is over, take a Toſt of Wine with Sugar, and lie yet, to ſee if you ſhall ſweat again; which being quite paſt, eat and drink moderately of good things. *Thurſday* morning take the purge again. *Friday* night take the Tincture again, or if you will (and that the day of the fit falls out proper for that) take a doſe of Antimony Diaphoretick upon *Thurſday* in ſtead of the purge, and *Friday* night take the Tincture again. In fine, govern your ſelf for purging, or taking either of the Diaphoreticks as you ſhall find beſt; and continue the Diaphoretick of Antimony as long as you think fit, after you have done with the other Diaphoretick, and with purging.

This excellent medicine hath done great miracles upon perſons that have had the Ague three years; it reſtoreth the ſpirits and ſtrength loſt, and comforteth the heart. It cureth likewiſe the Colick, the Tooth-ach, the Catarrhs, the violent Cough, the Griping in the Belly, and ſtayeth Vomiting. The uſe of it for the Tooth-ach is, to take half a ſpoonful, and hold it on the ſide where your Tooth aketh in your mouth, the ſpace of a quarter of an hour, then ſpit it out, and take ſome freſh; if it needeth for the Gout, dip a feather in it, and foment the dolent part with it.

When they rave and are frantick in their Fever,

you

you may put eight or ten grains of Salt of Pearls into every dose of this Medicine.

A Diaphoretick of Antimony to be used with this Medicine.

TAke one part of Regulus of Antimony and six of Nitre. Burn them well in a Crucible, reverberate them an hour after they are melted. Then have an earthen Pitcher full of Conduit-Water; upon the mouth of it set a Crucible with a hole in the bottom: pour through this into the cold water your melted Antimony and Saltpetre. It will make a strange noise, as if all would break in pieces, but it will not do so. Most of the Salt will be dissolved in the water, and the Antimony will settle to the bottom in white Powder: pour off the water when all is throughly settled, and dulcifie yet more with often ablutions in fresh waters the remaining powder, till all saltness be gone: then dry it in due manner, and keep it for use.

A Julep to cool in Fevers.

NOthing doth more hinder the fermentation of sharp humors and their flying up to the head, than the use of dilute *Oxymel*, such as *Hippocrates* and the antients used. Make it thus,

Take two parts of Honey and twelve of Water; boil them very gently together, till you have scummed away all the Scum that will rise, and have clarified it with Whites of Eggs. Then take it from the fire, and put to it one part of Vinegar, and let it run twice or thrice through an Hippocras bag. Drink three or four spoonfuls at a time of it, morning, evening, night, or when you will.

Cochinile

Cochinile for a Purple Fever.

TO perſons above twenty years of age, give thirty or forty granes of Cochinile in ſome fit Cordial-water or in Wine, if you have no Cordial-water at hand. If they be younger, proportion it to their age; as, ſeven granes to a Child of three years old, eighteen granes to one of ſix years. After twice or thrice doing this, and keeping the Patient very warm, the Diſeaſe will break out in ſpots. But fail not to give it once or twice after they are ſtrucken out.

A Remedy for a Burning Fever.

TAke of Honiſucle leaves a good quantity, ſtamp them in a Mortar; put as much fair Water to it as will make a Clyſter, then ſtrain it, and put it into the Bladder or Syringe, and give it the Patient not quite cold. It opens the body and cooleth the Veins.

A Cooling Drink in a Fever.

TAke a Gallon of Spring-water, five Spoonfuls of French Barly, half a pound of the beſt blue Currants, let it boil ſoftly till a quart be conſumed; then take two handfuls of Wood-Sorrel, as much of Roman Sorrel; bruiſe them well, and let them infuſe one hour, then take it off and ſtrain it through a Sieve; drink of this with the juice of an Orange, and a little fine Sugar.

An often approved Remedy for an Ague.

TAke three drams of *Venice* or *London* Treacle: put it into a quarter of a pint of White Wine, and put it into a little Pot very close covered, let it stew simpringly for half an hour, stirring it sometimes. When the Patient feeleth any emotion of the approaching Fit, let him take this, shaking it well together; let him go to bed and cover himself warm to sweat. Repeat it thrice.

A present Remedy for all kinds of Colicks whatsoever.

TAke Mint, Sage, (both of them dry) of each two handfuls, and of the best Spirit of Wine a Pottle, digest it in a Cucurbite eight days. Then distil it in *Balneo Mariæ*, taking but a third part of it; the rest is good, but in a weaker degree. Of this first Spirit take a dram and half; and two ounces of White Wine: Mingle and drink them.

For violent Coughing by a sharp thin tickling Rheum.

TAke old Conserve of Roses, and work into it by strong rinding and beating as much as you can of pure fine *Olibanum* in most subtile powder, that the Consistence be very stiff. Of this take as much as a good Hasel Nut in a Spoon with a little Syrop of Violets about it, in the morning and at night, and the like sometimes in the day, if you have need.

For a Cold in the Head, to draw Rheum from the Head.

PAre very thin the yellow Rind of Orange, roul it up conveniently, to thruſt up into the Noſtril, turning the innermoſt ſide outward, to be next your fleſh within the Noſe; put a roul into each Noſtril. It will cauſe ſneeſing, and will make much water run down out at the Noſe, and comforts the Brain.

For all ſorts of Fluxes.

TAke two quarts of new Milk, two ſound Nutmegs ſliced thin, eighteen blackeſt Pepper-corns, eighteen largeſt Cloves, five pennyworth of Stick-Cinnamon, of the outward Bark of an old Oak (the rough part a little ſcraped off) twice as much as of the Cinnamon, both which muſt be ſliced thin: boil this to between two and three Pints, then pour the Milk from the Spice, and divide it into four parts, which will be about a Porringer-full apiece. Give a draught of this as hot as the Patient can drink it, early in the morning faſting, another at Ten a Clock, a third at Four in the afternoon, and the laſt going to bed, and make freſh every day. The Patient may dine and ſup as he hath a mind. The firſt draught will take away the pain and griping, and then afterwards it is not neceſſary to take it ſo very hot.

It doth not bind it ſuddenly, but ſmoothneth and healeth the guts, and ſtrengthneth the ſtomach, and he ſhall have at the firſt two, three or four gentle ſtools a day. And if he have loſt his Appetite, ſo that he can eat nothing, as uſually happeth in great Fluxes, this Milk gives him ſufficient nouriſhment.

For

For a Bloudy-Flux often approved.

TAke four drams of *Diaphœnicon*, and half a ſcruple of *Pulvis ſanctus* faſting, in White-wine made warm, that the *Diaphœnicon* may be diſſolved; and keep the Patient from ſleeping, until it have wrought, and an hour after they have taken it, give them ſome Chicken Broth; if it be given alone without *Pulvis ſanctus*, it riddeth the Belly and Guts from all raw and crude humors, and eaſeth the Belly from gripings and pain proceeding of Wind and cold cauſes.

For any Looſneſs.

TAke one dram of the ſeeds of *Plantane*, bruiſe them and take them in a draught of Broth (which is beſt, if a little tops of *Plantane* be boiled with it) in the morning faſting. Continue this three mornings together.

For Fluxes.

TAke the herb Swallow-wort when it is in the flower, (it muſt be gathered in dry and fair weather) the whole herb or plant, *i.e.* the root, ſtalk, leaves and flowers; make it clean without waſhing it; let it lie a day in a dry Chamber in the open Air; but ſo that the Sun come not to it, then chop it ſmall, or bruiſe it, (without deperdition of any juice) and put it into a Cucurbite of Glaſs, and put upon it ſome good *Aqua vitæ* (ſuch as comes from *France*) as much as will be above it a fingers breadth or two, and cover it cloſe with a Blind-head, and let it digeſt three or four days (beſt,

(beſt, near a little warmth) then change the head, putting on one with a Limbeck, and diſtil with gentle heat of Sand, till you have drawn off ſo much of the humidity as may not endanger Burning. This Liquor will have ſome little ſtrength in it, but not by a great deal ſo much as the *Aqua Vitæ*: The Doſe is a little Wine-glaſs full at a time. I have found it admirable for the Brain, the Eye-ſight, the Heart, the Stomach, and all languiſhing Diſeaſes and Decays of Nature, and cauſeth a little gentle breathing, ſcarce amounting to ſweat: When you take it in a morning, it gives you a wonderful ſeverity of brain and chearfulneſs of humor in languiſhing Diſeaſes; if bad humors abound, it muſt be given with Purges of *Gambogium*, one morning the one, the next the other; thus, three times each.

It muſt be given ſeven, eight or nine graues of *Gutta Gamba* or *Gambogia* for a Doſe, either in Powder, in Wine, or other fit vehicle; or make it up into a Pill with a drop of Syrup of Roſes: This quantity will purge gently watry humors, and give a gentle Vomit if the Stomach be foul.

For a Looſneſs.

TAke a Pint of Claret Wine, and put into it two penyworth of bruiſed Cinnamon, and as many Cloves; boil this gently upon Embers (covering the Pot) till half be boiled away: In the mean time toſt a Toſt or two of light Bread, and cover them ſufficiently with Sugar, then pour (through a Lixor) the Wine upon them: Eat thoſe ſopped Toſts for all the Dinner, and the like for the Supper, eating no other ſuſtenance that day; and it uſeth to cure in a day.

An Anodyne Clyſter.

TAke ſix ounces of thick Barley Cream (*Cremor Hordei*) and the Whites of three new-laid Eggs beaten into an Oil, and about two ſpoonfuls of lump kitchin Sugar (not brown Sugar uſed in Clyſters, nor Loaf-Sugar, but the beſt ſweetning Sugar, and that is in lumps) and as much Roſe-water as may reduce the whole into a fit conſiſtence for a Clyſter (which may be three or four good ſpoonfuls) then warm it ſufficiently for a Clyſter, and ſo take it. You may with eaſe keep it three or four hours or more. It cooleth and tempereth the Bowels exceedingly, and healeth much any excoriation or fretting in them and eaſeth the pain ariſing thence.

The beſt Rule to diſcern if there be Sugar or Roſe-water ſufficient in the Clyſter, is to taſt it; for it ſhould be ſo as to be moſt pleaſant to your taſt if you were to eat it.

An Excellent Clyſter to cure any painful Flux or Scowring.

TAke a convenient handful of Barly-meal that hath all its Bran in it, as much Bran of Wheat, and as much dried Roſes. Put theſe to boil gently in three pints of water, in a glazed Pipkin covered, for about three quarters of an hour; then ſtrain hard through a linen-cloth all the liquor with the ſlimy ſubſtance that comes out with it. This is enough for two Clyſters when heedfully done. Take half this Decoction, and put into it the yolks of two new-laid Eggs, and one ounce of *Mel-roſate*. Give it the Patient duly warm. He may keep it a long time (two or three or four hours) without trouble,

trouble, becauſe the quantity is leſs than of an ordinary Clyſter, and that it is of a Balſamic and comforting quality to the excoriated Guts. This is an excellent Remedy to any ſharp tormenting *Flux*, where the Guts are enflamed, excoriated and ulcerated, either through ordinary cauſes (as eating fruit or the like) or by taking *Mercury* to Flux one by Salivation. You will preſently find eaſe, at the firſt taking it, but it is well to repeat it twice or thrice a day.

For the greateſt Flux or Looſneſs.

TAke a right Pomwater the greateſt or two little ones, roaſt them very tender to pap, take away the skin and the coar, and uſe only the pap; and the like quantity of Chalk finely ſcraped: mix them together before the fire, and work them well to a Plaſter, then ſpread it upon a linen-cloth warmed very hot as may be ſuffered, and ſo bind it to the Navel twenty four hours, uſe it two or three times till the *Flux* ſtay off.

An approved Remedy for the Obſtructions of the Spleen or Liver.

TAke the Whites of eight Eggs, and beat them very ſmall, two good handfuls of the leaves called Vervein (in Latin *Verbena*) ſtamp it very well: mingle theſe two together and add as much Barly-flower to it as will make it a *Pultis*; which ſpread upon a coarſe cloth and apply it, leaving it on twice twenty four hours.

An excellent Lime-water for Obſtructions and Ulcers, &c.

TAke one pound of Stone-Lime hot from the Kiln, and pour upon it a gallon of fair water, let it ſtand eight hours, and then pour it off clear, and put into it of Engliſh Licoris, Aniſeeeds and Saſſafras, of each four ounces, large Mace two drams; let theſe infuſe in the water twelve hours, then pour it off from the Ingredients, and keep it for your uſe.

Drink of this Water twice or thrice a day, half a pint at a time. It is very excellent for all manner of Obſtructions and Ulcers, either inward or outward, and likewiſe to be uſed by way of injection.

An excellent Remedy for the Dropſie.

LEt the Patient ſwallow every morning three or four whole Cloves of Garlick without taking any other thing with them, but you muſt firſt prick them with a needle in four or five ſeveral places, out of which will iſſue a ſharp biting water which you muſt wipe away: And a little while after ſwallowing the Garlick he muſt drink a good draught of Wormwood Ale; and then do upon it as much exerciſe as conveniently he can; at dinner eat what you will of wholeſom diet, but at night ſup not, or but very little, and at going to bed, take the Cloves of Garlick and Wormwood Ale as in the morning. Continue this till the Patient be well, which uſually is in twenty or thirty days. Take the beſt Wormwood Ale and ſtrongeſt of the Wormwood, by putting over-night a ſufficient quantity of Wormwood into quick good midling Ale; but during the Cure, you muſt every morning and night uſe the following Bath or Fomentation.

Take three gallons of Conduit-Water, and boil in it five or six handfuls of Mallows, and two pound of fresh Mutton-suet, (that which is next the Kidneys) stript from the skin and chopped small, and half a peck of Wheat-bran; boil it till the fat be throughly melted, and the virtue of the Mallows drawn out into the liquor, then you must strain it to cast away the dregs, and this both hot, foment the legs, very well for one half hour or an hour, setting the feet in the Boul where the Decoction is. This will draw much water from the Legs: For after you have taken the Garlick and Wormwood Ale a while, it will drive the humors into the Legs and Feet, which will be much swelled with it, and pit much.

Another Remedy for the Dropsie.

TAke three or four pound or thereabouts, of Mountain-Sage, (a bagful above a foot, or fourteen or fifteen inches high, and eight or nine, or ten overthwart) bruise it in a Mortar, and put it into a Bag of Boulter-cloth, and put it into a Kilderkin of middling Ale as soon as it is tunned, putting into the Ale the Juice that may have run out of the Herb upon beating it: and as soon as it is fit to drink (which may be in a week or five or six days) continually drink of it at meals and all times you have occasion, and drink nothing else: Have still a new Vessel coming on under the former, so to have always some ready. A Kilderkin is the fourth part of a Barrel, and may hold about nine gallons.

Another.

GAther ordinary Wormwood in *May*, when it is in greateſt vigour, and diſtil it in an ordinary Still that ſerveth for Roſe-water: Put the water that cometh over upon freſh Wormwood as before, and diſtil it as you did: Put this Water upon another like Paviel of freſh Wormwood, and ſo diſtil a third time: you muſt have a care never to diſtil to perfect drineſs, but ſtill to leave a little behind, which is the very groſs part. Drink of this Water in the morning faſting, and in the afternoon about four or five of the clock.

Another.

TAke four handfuls of the inner green rind of Elder, after the outward gray bark is pared off, and one handful of Wormwood: Put them to two gallons of liquor compoſed thus: Let two parts of it be Beer and Ale, of convenient ſtrength, and one part White-wine: Let the proportion of Beer and Ale to one another be according to the beſt liking and taſte, and the White-wine half as much as both they together: Let the Vegetables lie in this liquor cloſe ſtopped three or four days, that it may imbibe into itſelf all the virtue of them: After which time bottle it up into Quart-Bottles, which ſtop cloſe; it will ſoon grow very quick and pleaſant. Drink only of this at meals and all times, when you have need to drink.

A great and approved Cure of the Dropſie.

FIrſt purge well with ſome fit Purge (as of *Jallap*, *Manna*, *Sene*,) to carry away watry humors. Then take the following Diet of Garlick. Make ſome moderate Broth of Mutton, Chickens and Capon or Hen, but not Veal. It muſt not be too ſtrong of the Meat, nor too weak; but ſuch as you may drink all the day, for you ſhould drink no other Liquor. You muſt make but about a pottle of Broth at a time, for it will not keep. And for this quantity you muſt take a gallon of Water, into which put above a handful of Garlick and Roſemary, Peniroial, Thyme, ſweet Marjoram, Fennel-roots, Parſly-roots, or any other fit Roots or Herbs; as alſo Currants and a ſufficient quantity of Salt. And after ſome days taking the Broth, put into every draught you take of the Broth a Spoonful or more of the crude juice of Garlick ſtamped and ſtrained out. But if you cannot bear it always to drink this Broth, then uſe the following Decoction. Take *Sarſaparilla* twelve ounces, *China* Roots five ounces, *Saſſafras* three ounces. Cut all theſe very ſmall, and pour upon them Fountain Water, to three fingers breadth above the Ingredients, and let them infuſe over a ſoft fire the ſpace of four hours, then throw away this water, and ſtamp the Ingredients well in a Mortar with a wooden Peſtle; then pour upon them ten quarts of Fountain Water, and boil it in a Veſſel cloſe ſtopped till four quarts of it be conſumed.

Of this Decoction drink without any other drink but the Garlick Broth.

Another Drink.

TAke all the foresaid ingredients in the same manner prepared and stamped: then take a clean Vessel and fill it with Beer, then put all the ingredients in a Bag, and hang it in the Beer. One ounce of the ingredients is sufficient for a quart of Beer.

Either of these drinks is only in case you cannot bear the use of the Garlick Broth; which alone will dispatch the Cure much the sooner. After twelve or fourteen days the Patient will begin to piss in great abundance, and very stinking noisom roping matter. Continue your diet till you are perfectly cured.

Then to strengthen and secure your Liver, take the following Electuary. Take of Powder of Turmerick a sufficient quantity, make with it and Sugar an Electuary, add to every ounce of it three drops of Aniseed Oil made by Distillation. And if you put a little of *Ambergris* to it, it will be the better to strengthen.

Take of this *Electuary* two or three times a day, the quantity of a Hazle Nut; but take not above one ounce in a day.

Besides this to strengthen the Stomach, use the following Stomacher: Take Wormwood, Marjoram, Rosemary, Rue, *ana* one handful; Cloves, Cinamon, Mace, *ana* one ounce; bruise these Spices, and mix them with the Herbs; of these make a Stomacher, and apply it. And you may likewise anoint your Stomach and region of the Liver with Oil of Nutmeg and Oil of Roses.

This course of the Garlick-Broth is for all Obstructions and superfluity of Cold, raw Humors clogging the Brain or any other part, as well as for the Dropsie.

For Legs or other parts of the Body ſwelled, coming by abounding of bad Tumors, or by the Dropſie.

TAke yellow Amber, the worth of three or four pence, mix it with a quart of good Wine-Vinegar. Then take a Stone or Brick, and make it hot, but let it not be red hot, and put it into a Tub, then pour upon the Stone or Brick the mixture of the Vinegar and Amber, and hold the ſwelled Leg over the ſmoak of it, covering the Tub well with Sheets or Blankets, to the end that none of the ſmoak may come out: And immediately, the water will come out of the Leg powerfully, and it will be cured. An eminent Perſon of Quality was exceedingly overgrown with the Dropſie, and his belly ſwoln to a prodigious bigneſs: He ſate in a great Pipe, ſuch as men uſe to ſweat in, and uſed this remedy, pouring the Liquor upon hot Bricks laid upon aſhes to ſave the wood from burning and ſmoking (which he changed as their heat was deaded, and could raiſe no more ſmoak of the Vinegar and Amber) and in a little while it had melted him away to an unbelievable proportion: but whilſt he was in that ſteam, he felt a wondrous active heat piercing into his body. The Tub was covered cloſe at the top with a Sheet and Blankets, leaving only his head out in the air, with the cloaths faſtned about his neck. Once ſweating thus ſerved his turn; all his Servants with freſh hot Napkins could not ſuffice to wipe dry the ſweaty water that ran out of his body.

Another for the Dropſie.

TAke a gallon of White-wine, and put into it a handful of Roman Wormwood, and a good piece of Horſe-Radiſh, and a good quantity of Broom-aſhes tied in a cloth; then take a good bunch of Dwarf-Elder, beat it in a Mortar, and ſtrain out the juice, and put it into the Wine when you will drink it; but if the Dwarf-Elder be dry, you muſt ſteep a good quantity in the Wine. Take of this half a pint morning and evening.

For the Hæmorrhoids. For Aches. Probat.

TAke ſix Figs, and cleave them along through the middle, lay them in a Porringer, and pour upon them ſome good Brandy-wine to cover them a fingers breadth or two over; ſet the Brandy on fire by a flaming Paper, and let it burn as long as it will, the Figs will then be very tender and ſoft (that they may be ſo, you muſt chuſe the beſt plain ordinary yelloweſt Figs, that are ſound and pulpy.) Apply one of theſe halfs as hot as you can endure to the ſwelled Hæmorrhoid that comes out, and let it lie on till it grow cool, which will be in leſs than half a quarter of an hour; then apply another half Fig as before, and ſo continue till you have uſed all the twelve halfs; and to that end, you muſt keep them hot by a fire. This will give you perfect eaſe, though the pain were never ſo great before, and take away all the ſwelling and knobs upon the veins, and make them retire orderly into the body. *For the inner Piles*, make an Unguent of Pilewort and Butter thus: Stamp Pilewort (in *May*) with freſh Butter, working

into it as much of the herb as you can make it well take in, ſo that the Butter be highly green; then melt it over the fire, and let them boil gently till the Butter have taken in all the juice and virtue of the Herb, and the ſuperfluous moiſture be evaporated. In a word, you are to make the Butter as ſtrong as you can of the Herb, and that it be of a deep perfect green colour, and no flegmatic moiſture remaining with it: (I conceive it were well to digeſt it a while in Horſe-dung, before you melt and ſtrain it:) Then ſtrain it into Gally-pots through a ſtrong Cloth; when it is cold, it will be firm and hard: This will keep many years. With this anoint the Piles, putting it unto them.

The beſt Brandy is excellent good for Aches and Pains by Rheums or Colds in Legs, Knees or Shoulders. Rub the part with a hot hand before a good fire with the Spirit of Wine, chafing it in a good while; then wet a Paper in the Brandy, and lay it on, and bind it to: Repeat this as often as you ſee occaſion.

Another for the Piles.

A Perſon had once the Piles in the greateſt extremity that could be, and he was cured by this following Medicine.

TAke Flower of *Sulphur* one part, fine Sugar three parts; make this into Tablets of one dram a-piece with Gum Tragacanth ſoked with red Roſe-water into a mucilage. Eat of theſe four or five times a day one at a time: Doing thus, it gave him three or four Stools a day, and in a little while he was perfectly cured of his Piles.

For

For the Tooth-ach.

When there is great pain of the Tooth-ach, by a defluxion of a ſharp Rheum upon all one ſide of the Jaw, this is a certain Remedy.

TAke ſome green Parſley, and work it in the palm of your hand, with the other finger and thumb, preſſing and ſqueezing it till you mortifie it all, and mould it up together, and the juice be ready to ſqueez out: Then take as much of it with its juice (if any ſhould chance to be preſſed out) as may conveniently be thruſt into the Ear, and ſix or ſeven fair corns of Bay Salt. Mingle them well together, and ſo put it into the Ear on the aking ſide; it will ſoon take away the pain: Nevertheleſs let this Medicine remain three or four hours in the Ear (though the Patient be well long before) that ſo it may continue the Cure. If the pain come again, repeat the Medicine.

Water for the Teeth.

An excellent Water for the Teeth, to harden, faſten and whiten them, and to ſtrengthen the Gums, is following:

TAke of ordinary Lime-water one pound, crude Alum one dram; burnt Alum, roots of Flower de-luce, of each half a dram, mingle them together, and when the Alum is diſſolved, and the tincture drawn out of the Flower-de-luce; let the liquor run through a linen, that it may be clear. Then put half a ſpoonful of Orange-flower water to it to make it more grateful, and waſh the Mouth and Teeth with this.

For the Teeth and Gums.

To preserve the Teeth and Gums, wash them often with a Liquor thus made:

MAke a Decoction of Lentisce, *Lignum Guaiaci*, and a little Rosemary; into a fitting proportion of this put some of the best distilled Water of Rosemary and Sage, in which some common Salt is dissolved, as also a good proportion of Spirit of Wine that hath dissolved Myrrh (or extracted the Tincture of Myrrh) and is very strong of it, and the like of Spirit of Wine, that hath in like manner extracted the Tincture of Mastick.

Or use Alum dissolved in some of the Waters aboveſaid or in Claret-wine.

Or put some Oil of Myrrh made *per Deliquium* in Whites of Eggs, and some Oil of Sage made by Distillation, *quære* of adding also Oil of Rosemary into Canary-Sack in which is dissolved some Salt (rather than into Claret-wine.) To fasten the Teeth and preserve the Gums, wash your Mouth every morning, and in the day with the Pickle that Limons are kept pickled in, a little warm'd: Those that have the Scurvy in *Holland* use it much. It is singularly good.

For familiar washing the Mouth, which confirmeth and fastneth the Teeth much, and preserveth the Gums sound, is thus;

PUt one dram of Alum, and two drams of pure Oriental Bole-armoniac, both in subtile Powder, into a pint of Claret-wine; shake it well and use it. *Quære* of adding Myrrh in Powder, or dissolved in hard Whites of Eggs.

For

For the Tooth-ach.

ONe that had the Tooth-ach in great extremity, and had tried many Medicines in vain, took a little Cotton and imbibed it with *Lucatella*'s Balſam, and ſo put it into the hollow Tooth, within a little while the pain ceaſed, but came again about a week after: Then he applied the ſame Remedy a ſecond time, and the pain ſoon ceaſed, and never came again, though before he was very often ſubject to this pain.

Vinegar of Squills for the Teeth and Gums.

TAke Vinegar of Squills, to ſettle looſe Teeth and cure ulcerated Gums, and the Tooth-ach, all which it doth powerfully. Uſe it thus; Dip well a bit of a ſoft linen cloth in it, and hold it a pretty while upon the Gum that needeth; repeat the dipping ſtill as the moiſture of the mouth, mingling with the Vinegar upon the cloth, takes away the force of it: If the water be cold, you may warm it a little.

To faſten looſe Teeth. Probat.

YOu will find a ſecure and certain Remedy, when any of your Teeth are looſe with the Scurvy, or by other abounding humors, if you take ſome Alum (a great proportion) and put it into water (which you may warm to diſſolve the more) and rub well every day once or twice the Gums and Teeth with that. Fill the glaſs almoſt half full of Alum before you put the Water upon it; when that Water is uſed out, you may put more upon the remaining Alum.

An

An excellent Powder for the Eyes.

TAke Camphire in fine powder one ounce, put it into a pot and put upon it four ounces of Vitriol, in powder alſo: cover the pot with double Paper, and lay upon it a Porringer with ſome weight in it; then calcine it with a gentle fire, and when it is hard, take it off, and let it cool; then beat it into fine Powder with four ounces of Bole-armoniac, then ſift it finely. Take of this Powder half an ounce, put it into a quart of water, boil it together, then put it in a glaſs and keep it for your uſe.

Dip a little green Sarcenet in it and ſhut your Eyes, waſhing only the Eye-lids, except they be very ill and inflamed, and then you may drop ſome into them; and if you find it too ſtrong of itſelf, put to a ſpoonful of it, two ſpoonfuls of Roſe-water, and ſo uſe it.

An excellent Eye-water.

TAke White-wine and red Roſe-water, of each half a pint, put them in a Glaſs, then take Aloes *Epatic. Lapis Tutia*, and fine hard Sugar, of each four ounces; beat them ſeverally into fine powder, and put them into the Glaſs, and ſtop it very cloſe; then ſet it in the Sun in the heat of ſummer for a month, and ſhake it three or four times a day that it congele not.

A Remedy for Defluxions and all Diſeaſes of the Eyes.

TAke the Herb called *Pied de Pigeon* in French, ſtamp it into a Cataplaſm, and put a little Salt to it, and apply it to the Wriſt of the contrary Hand; as if the right Eye were ſore, put it to the left Wriſt, and chang it morning and night. It is wonderfully efficacious. A Gentlewoman had three great white Excreſcencies in one of her Eyes after the Small-Pox; this Remedy cured it perfectly in a moneths ſpace, but ſhe added waſhing the Eye at every dreſſing with a drop of Spirit of Urine.

To take away the Redneſs of Bloud-ſhot Eyes.

PUt a little Hyſſop in a little Bag of Sarcenet, and dip it in warm water, and therewith foment the Eye three or four times a day.

To ſtanch Bleeding.

A Very deſperate and continual Bleeding at the Noſe had often been ſtanched by making the Party hold in their Hand, or any where about their Body, a little of the Herb Shepheards Pouch; wear it continually, and it will prevent Bleeding.

Another for the ſame.

TO ſtanch the bloud of a Wound, even though an Artery be cut; Strew thick upon it the Powder of certain Balls, that in *French* are called *Veſſes de Loup*. And if you have the whole Ball, put over the Powder ſome of the fungoſe part of the Ball (which is that next the ſtalk under the Powder) and bind it on. If it ſtop not the Bleeding preſently, repeat it with more Powder. By his deſcription I judge theſe *Veſſes de Loup* to be our Fuz-Balls.

A Cure of Bleeding, either at the Noſe, or by a Bloudy Flux.

TAke two parts of the Moſs growing on the skull of a dead man (pulled as ſmall as you can with the fingers) and one part of Maſtick (in Powder) mingle them well together; then make them into the conſiſtence of a ſoft Plaſter, with Gum Tragacanth brought into mucilage by ſteeping in Plantane and red Roſe-water. Of this make a Plaſter upon Linen or Leather, an inch and a half, or two inches long; and not ſo broad, to lay upon the veins of the Forehead at the joining to the Noſe and along the Eye-brows, for bleeding at Noſe. But for a Bloody-Flux it muſt be as large as the palm of a hand, and round, to lay upon the Navil and all round about it. This laſt muſt be applied warmed a little.

Againſt

Againſt Poiſon inward or outward, or for the ſtinging of venemous Beaſts in Men or Beaſts.

TAke the Leaves of black Corants in Powder one dram, give it in Wine or any thing. You may gather the leaves in Sumnier, and keep them dry all the year.

An approved Remedy for Spitting of Bloud.

TAke Cumfry-roots freſhly gathered ſix ounces, Plantan-leaves twelve handfuls: Beat all well in a Mortar, and expreſs the juice ſtrongly by a Preſs; and with ſuch quantity of Sugar more or leſs, as you intend to keep it long, or elſe uſe it quickly, make Syrup of it.

Take of this often in the day a ſpoonful or two at a time.

If you make the Syrup to be uſed preſently, you need take but equal parts of Syrup and Juice: But if you would keep it the year about, then you ſhould take two parts of Sugar to one of Juice.

You need not let the Juice ſettle to ſeparate the the groſs parts from it (which may be the beſt in this caſe.)

Remedium ad Fluxum immoderatum Sanguinis Menſtrualis.

TAke the Scull of a man, ſcrape of it one dram, put it into a glaſs of White-wine, let it infuſe a night, and in the morning take it faſting. In two or three times taking it every two days, it will cure it.

Contra Fluorem album. Probat.

AFter due Purging give the Ceruſs of *Antimony* twice or thrice a day, about fifteen granes for a doſe in White-wine.

A Remedy for the Jaundiſe of any kind, Black or Yellow.

TAke eight ounces of choſen Corants well-waſhed and picked from all the little Stalks; put to them one ounce of Rhubarb in moſt ſubtile Powder; beat them together in a Mortar ſeven or eight hours. Take of this every morning faſting, and at night about the quantity of a Walnut. It purifieth the Blood and ſtrengtheneth the Liver wonderfully, and (continued) carrieth away the peccant humors of the body.

For the Mother.

TAke twenty grains of the fixed Salt of a Plant called *Stinking Orach*, in White-wine or in Mugwort water, if the Patient be of a hot complexion.

For the Sinews and the Head.

TAke of the Chymical Oil made by Diſtillation, of Sweet-Marjoram, of Nutmegs, of each three parts, and of Cloves one part. If you will have it liquid, leave it thus: but if thick, to be portable; make theſe into an Ointment with the ordinary Oil of Nutmegs made by expreſſion; With this rub the Soles of the Feet, twice

t week: As alſo the *Perinæum* between the *Anus* nd *Scrotum*, and the *Scrotum* and the *Emunctories* utſides of it.

This ſtrengthneth Nature exceedingly.

For Deafneſs.

TAke Oil of bitter Almonds, Oil of Spiknard, of each ſix drams, Juice of Onions, Juice of Rue, of each two drams, Black Hellebore half a ſcruple, Coloquint half a dram, Oil of *Exceter* two drams; boil this till the Juices be conſumed; then take Wool, dip it in, and put it in the Ear. Be very cautious when and how you uſe this Medicine.

Another for the ſame.

TAke of wild Mint, mortifie and ſqueez it in the hand till it rendreth Juice; then take it with its Juice, and put it in the Ear, change it often; this will help the Deafneſs, if the perſon hath heard before.

For *Deafneſs* through Cold and humors clogging and benumming the Ears, cauſing ſometimes pain in them; you may drop into the affected Ear one drop (no more) of Oil or Quinteſſence of Roſemary, (which will not burn or pain them) and after it is ſoked in (by lying with that Ear up) ſtop the Ear ſlightly with Cotton or black Wool dipped in the Spirit of Roſemary. Repeat the drop after a day ſtill as often as you find need.

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For the Small Pox.

TAke two or three granes of Saffron, and dry it well by the fire, then make a little Bag of it in fine Linen, and infuse and press it in Posset-ale, Mace-ale or White-wine, till all the tincture and virtue be drawn out: give that to the Patient, and keep him warm. If he have soreness in the Throat, do thus: Boil a quarter of a spoonful of dried Saffron (in a little Bag) in half a pint of Milk till it be very yellow; in this boil a broad stag of Linen till it be throughly tincted; and put it warm and moist under the Throat, as if you pinned it to keep on a Coif. When this stag is cold and dry, take it off, and put on a new one, to which end you must have at least two, that one may heat in the Milk, whilst the other is pinned about the Throat. This will certainly take away all pain of the Throat in six or eight hours: you must not use Ointment or Grease to anoint the Scabs, but only plain ordinary *unguentum Album*, when the Pustules begin to dry; and this hath preserved all my Children from any marks. Yet in this Disease the less you meddle, the better it is commonly for the Patient.

To drive the venemous Vapors from the Heart and Head in the Small-Pox, Measles, &c. with great success, with a familiar Julep or Emulsion, take the following.

TAke Seeds of Citron one ounce, Seeds of *Carduus Benedictus* one ounce and an half: beat them well, and draw out all their Pulp with two pound of some fit Cordial-water, as of Scabious,

Card.

Card. Bened. Marigold, or the like; and ſweeten it with two or three ounces (as much as will ſerve) of Syrup of Citron: Drink of this as often as you have a mind to drink, a reaſonable glaſs-full; to make it more Alexipharmacal to take now and then, make a Julep conteining *Confect. Hyacinthi*, or of Alkermes and Treacle-water, and diaphoretic Antimony, and prepared Pearl, and what elſe you think fit, and put a ſpoonful or too of this into a draught of the Emulſion. Uſe this with caution.

An infallible Remedy for the ſame.

IN a Wine-glaſs full of Sack diſſolve as much Sheeps-dung newly taken out of the Sheeps-gut warm, as will make it pretty thick, yet ſo, that the Patient may drink it: Let him drink this, and lie quietly in his bed reaſonably warm covered. This will make him ſweat, and cauſe the Pox or Meaſles to come out kindly, and finiſh the cure very ſpeedily.

To prevent Marks of the Small-Pox.

TO prevent pitting in the Small-Pox, boil Cream to an Oil, and with that anoint the wheals with a feather as ſoon as they begin to dry, and keep the Scabs always moiſt herewith: Make your face be anointed almoſt every half hour, not before they begin to be cruſted.

An Experimented Remedy for the Falling-Sickness.

TAke of the Skull of a man, of Parings of Nails of Man, of each two ounces, reduce this to fine Powder, and grind it upon a Marble-stone; then take of Polypody of the Oak, Misletoe of the Oak, Misletoe of the Hasle-tree, Misletoe of Tile-tree, of each two drams, Peony-Root dried half an ounce; beat this all into fine Powder: Then take six ounces of fine Sugar, boil it to the consistence of Rose-Sugar; then mix all the Powders with it, and let them well incorporate over the fire, stirring them well together, then take it from the fire, and make it into little Tablets, of which give one in the morning fasting, and another two hours after dinner, and one two hours after supper. Continue this while the Tablets last.

☞ *Another for the same.*

Many persons have been cured of the Falling-Sickness by the following Remedy:

TAke Misletoe of an Oak, the Leaves, the Berries, the sprouting Stalks and the solid Branches; dry it gently in an Oven, then beat it into fine powder, of which give as much as will lie upon a shilling, for one of ripe years; for middle aged, a six pence; for a child, a groat; give it morning and evening in Cowslip-water, three days before and three days after the full of the Moon.

For the Falling-Sickness and Convulsion-Fits of Children.

TAke Peony-roots fresh digged, scrape of them with a Knife, and apply it to the soals of the feet.

To cause a good Delivery.

TAke a good large white Onion, or two lesser, peel and slice it, and in a Frying-pan, fry it with two or three spoonfuls of the best Sallet-oil till it be tender; then put all into a little Pipkin with half a glass-full of Water, and boil it well together, then strain it out, and drink that in the morning fasting. Continue this for a fortnight or three weeks immediately before the time expected for delivery. In a word you prepare this Broth just as if you would make a Pottage of Onions, except you put in no Salt; and that you use Oil instead of Butter: This course will so dispose the parts of the Woman with Child, that she shall be brought to bed with security and very little pain: And if the Child should be turned in the Mothers Belly, it will bring it to rights before labour. Women that have had most dangerous labours till they took this, have had no difficulty afterwards.

For want of white Onions ordinary ones will do well.

A Receipt of the Labour-Powder.

TAke Date-stones, Amber, Saffron and Cumin-Seeds, beat and searse them all severally into very fine Powder; take of each as much as will

Linen: The Plaſter on the Belly is to cover it all over, then ſhe ſwatheth her body well: All this muſt be opened every morning, and turneth the Plaſter on the other ſide (for it is a Sear-cloth, and conſequently both ſides Plaſter alike) and at the end of eight days take freſh Plaſters for eight days more; after which time there needeth no more.

An admirable Sear-cloth for a ſore Breſt; Impoſtumes, Fellons, green and old Cuts.

TAke half a pound of the beſt Virgins-Wax, half a pint of the Oil of Roſes, half a pint of the Oil of Olives; melt them altogether, and let them ſtand till they are cold, then take half a pound of white Lead beaten fair; put it into the Oil and Wax, then ſet it over the fire, and let it boil half an hour; then take two ounces of Maſtick, two ounces of Frankincenſe, two ounces of Myrrh, two ounces of Gum *Olibanum*, beat all the ounces very ſmall; put them into the other Ingredients, and let them boil half an hour more: Then take a quarter of an ounce of Camphire, and put it in, ſtir it over the fire, and dip the Cloths therein, and make it up in Rolls for uſe.

☞ *An Anodyne Pultis for Cancered Breſts.*

The firſt Cataplaſm that Mr. Breſſieus *applied to Mrs.* Brents *Cancered Breſt when it began to break, was this,*

TAke an old mellow Pippin, cut off a Cap at the top of it, and then take out the Core, leaving the ſides of the Apple whole, that the melted Greaſe may not get out; fill that hole with Hogs-Greaſe, then cover it with the Cap, and ſet the Apple to roſt, when it is well roſted to Pap (by

which

which the Hogs-Greaſe will be imbibed into the ſubſtance of the Apple) take it and pare off all the Paring, and break and mingle perfectly all the Pap, that it may ſpread well, and be an uniform Pulp: Spread it thick upon Linen, and lay it warm upon the Sore, putting a Bladder over it. This is an excellent Cataplaſm, to take away and cool, and diſſolve the ſwelling and hardneſs, if it be diſſolvable; and if not, to make it break and ſeparate with eaſe and without ſharpneſs. This is to be changed every twelve or twenty four hours, according as it groweth dry.

For Hardneſs in Women's Breſts.

FOr a month take continually a Purge of Jallap, and always put over all the Breſt a Linen-Cloth that hath looſe flocks of Flax ſtitched upon it, in ſuch ſort that there may be no hardneſs felt any where; let it be very thick and warm.

The way to take Jallap is to reduce a pound or more in one parcel of the wood into Powder, and mingle it well together, and keep it in a Glaſs cloſe ſtopped: Then take half a dram or one dram or four ſcruples of it for a doſe in White-wine and Sugar; and by this you may know certainly how all the whole quantity will work, that ſo you may encreaſe or diminiſh the doſe to the need.

With this a Lady of great Quality cured her ſelf.

For hard Breſts in Women.

An admirable Pultis that cured many Women of hard and ſore Breſts, is thus made.

TAke Turneps and boil them well in water, ſo that they be very tender, then take them out and ſqueeze out the water clean from them, beat them to maſh, and mingle with them ſome good quantity of freſh Butter unſalted, and apply this warm to the Breſt Pultis-wiſe upon a thick cloth very large; and change it morning and night. In three days it perfectly cureth, though before the pain and hardneſs hath been very great.

Another Medicine for the ſame is thus:

TAke Boars-greaſe and *Aqua-vitæ*, melt them together, with that foment the Breſt well: then take a Pewter large broad Porringer, or very large deep Saucer, or deep little Diſh, that may encloſe and contain the Breſt, and warm it well, and ſo put it upon the Breſt, and tie it on all night. In the day-time it is inconvenient to keep on the Porringer; but if you could have it always there, it were much the better; Dreſs it with this Ointment morning and evening. No metal but Tin will ſerve.

For the Tetters.

TAke *Venice* Turpentine one ounce, make it to an Ointment by waſhing in Roſe-water; then melt two pennyworth of white Virgin-wax over a Chafing-diſh of coals; put the Turpentine to it, and add one ounce of Oil of ſweet Almonds to it, take

take it from the fire and beat it to the consistence of an Ointment. Anoint your Tetters with it.

☞ *For Aches in any part of the Body, even in Womens Brests.*

CAuse a Dyer to dye you some thick spongy Flannel of the blue color called *Coventry-blue.* When it is dry, dye it again; dye it thus five times, at last the Dye will be so deep, that it will look almost black, lay of it on a good deal beyond the pained part on all sides; keep it thus continually covered, and warm with it.

☞ *A Remedy for the Piles or Hemorrhoids.*

When the Hemorrhoids are exceedingly swelled, (chiefly outwardly) the Cure of them is thus:

TAke a little Cotton-Wooll, dip it in Oil or Quintessence of Rosemary, and with that wipe gently over the swelled Vein, (which sometimes will be as big as a large Cherry) and after an hour or two, moisten the Vein again with the said Oil; doing thus three or four times at like intervals: It smarts a little for the present. After two or three or four times fomenting thus, the swelled Vein will break and much foul matter run out, and he shall have present ease, and in a little while it will grow whole; and after the breaking, it hindreth not his going abroad about his business: The Patient needeth the Oil no more, after the Sore is broken: for it will then be too sharp.

Another for the ſame.

TAke about a ſpoonful of the fat of Eel, and near as much of the yolk of a new-laid Egg, and beat them very well together to an Ointment: In this roll a Tent, ſo as to make it take up as much as you can, and put it into the Fundament, and lay alſo a Pledget covered with the like Ointment upon the outward ſwelling, and this will give ſome eaſe preſently. Change your Tents and Pledgets as they grow dry and hot, and in a ſmall time the Veins will open and run, and it will be well.

The fat of Eel is made by boiling one or more Eels in water, and then skimming off the fat that ſwimmeth at the top: Or if you roſt an Eel, take the fat that droppeth from it, ſo it be mixed with nothing elſe.

A Plague Cordial.

TAke a pound of the Leaves of Wood-Sorrel, and pound them by themſelves half an hour; then take three pound of fine Sugar beaten ſmall, and mix theſe together, and keep it ſtirring into the Wood-Sorrel for three hours more, keeping ſtill pounding, and then take four ounces of Mithridate or *London*-Treacle; pound them altogether half an hour longer, which makes four hours together, then keep them cloſe ſtopt in a Gally-Pot. In time of Infection in a morning faſting: Take as much as a great Nutmeg; and if ſtricken with any diſeaſe at the heart, or pain in the ſtomach, take the ſame quantity, and go to bed, and put your ſelf into an eaſie ſweat for one hour; and you will find excellent effects by it. *Prob.*

For

For the same.

TAke the best Brandy-wine, and leaves of red Poppy that grows among the Corn (*Papaver Rheas*) of each one pound, you are to extract the Tincture of the Poppy with the Brandy; but you must not put all together at once; but thus: Put four ounces of the Poppy-leaves to the whole pint of the Spirit of Wine, and let them infuse together till you judge it hath extracted all the tincture, and then the leaves themselves will be in some degree dissolved: Then press out all the Liquor, and throw away the remaining feces. Into this thick liquor put four ounces of fresh Poppy-leaves, and do all as before: so do twice more till you have the tincture out of the whole pound of the Leaves, which if you should do at once, would not proceed well, because the Leaves are light and take much room: Into this Liquor put two ounces of good old *Venice*-Treacle, and make it dissolve therein; take two or three spoonfuls of it in a little Sack or Mace-Ale: It driveth out the Infection powerfully.

To preserve one in time of Infection, eat a little of the tops of Rue with Bread and Butter in a morning: Or, eat a little old strong Cheese with Bread and Butter, (and a little Rue with it, if you please) and drink a glass of Stomachal Claret-wine, or Wine and Water after it.

Another Excellent Remedy for the Plague.

TAke a pound of the Leaves of Wood-Sorrel, and pound them by themselves half an hour; Then take three pound of fine Sugar beaten small,

and

and mix these together, and keep it stirring by little and little into the Wood-Sorrel for three hours more, pounding them all that while: Then take four ounces of Mithridate, and pound it with the rest half stopped in a Gally-Pot. In time of Infection take in a Morning fasting as much as a Nutmeg; and if you fear you have taken any Infection, take almost as much more, and go to bed, and procure sweat for an hour.

Another Antidote.

TAke a little, almost half a Glass-full of your own water, (of the mornings water) beat with two or three spoonfuls of it a little Rue and a little Smallage, not half a handful of each; squeez out all their juice hard. Drink this Wine and Juice fasting.

An excellent Plague-Water.

TAke Rue, Egrimony, Wormwood, Celandine, Sage, Balm, Mugwort, Dragons, Pimpernel, Marigold, Fetherfew, Burnet, Sorrel, Scabius, Wood-Betony, Brown-mugwort, Avens, Tormentil, *Carduus Benedictus*, of each one handful, and as much more of Rosemary as any of these, Angelica, Burdocks, green Walnuts: Shred all these very small; then pour upon them as much White-wine as will cover them; then slice into a glass a quarter of a pound of *Enula Campana* Roots: Let all these infuse three days, stirring them every twelve hours, cover them close, then still them in an ordinary Glass-body, but lay it not above an inch thick in the bottom. Save the first running by itself.

For Worms in Children.

TAke one dram and half of the beſt running Mercury, put it into a Bolts-head, and ſpit faſting-ſpittle upon it (from a wholſom mouth) and ſhake it well: Then pour off the ſpittle from it, and waſh the Mercury clean with warm milk ſeveral times, caſting away the milk as long as it contracts any ſtain or foulneſs or ſullying from the Mercury: Then let the Child ſwallow this Mercury in a ſpoon with a little warm milk upon it, and drink a little more warm milk after it. Do thus twice or thrice, intermitting two or three days between every doſe.

For Worms in the Belly or Stomach.

TAke an Apple of *Coloquintida*, and ſplit it in the middle into two halfs: fry one of them very well in good ſtore of the Gall of an Ox, till it be very tender and pappy, and have imbibed into itſelf a good quantity. Then apply it warm (as hot as he can well endure it) to the Navel of the Child or Man at the hour of their going to bed, and tie it on faſt with a convenient Bandage, that it may keep it on faſt from ſtirring all night: When they riſe, they may take it off: Next evening repeat the ſame again with freſh materials. Do thus three nights in all: This will kill any Worms in the guts or maw, be they never ſo many or dangerous. Often approved.

☞ *An Excellent Plaſter for the Stomach, that hath done ſuch notable Cures, is thus:*

SPread Mithridate pretty thick upon thin Leather, and lay upon it all over ſome grated Nutmeg, laid alſo pretty thick on; and cover this with another Leather like the former, ſowing them together round about, and lay this to the pit of the Stomach, and keep it on. One Plaſter will ſerve many days. Uſe to cut off the upper part of a white Kids-skin Glove, about a good hands bredth, and ſow it together at one end; then ſpread the Mithridate upon it; then ſtrew on the Nutmeg, then turn the Glove, ſo that the Plaſter is between two Leathers, then ſow the other end together, and ſo apply it: The bigneſs of the Plaſter is to be about a hands bredth round. It is excellent for all Indigeſtions and Weakneſs of the Stomach; which cauſe Looſeneſſes.

To take Warts away.

TAke green Leaves of Marigold, and beat them to maſh in a Mortar, ſo that upon preſſing it the Juice be apt to come out. With this Juice-maſh rub your Warts well three or four times a day.

Another for the ſame.

TAke ſome fat Bacon, and rub the Warts with it; and then hang it in the Sun to dry.

For

For Phrenſie.

I Was aſſured by a Perſon of credit, that one cured a Woman that had been mad ſome years, by giving her a draught of the Juice of the Herb Ground-Ivy or *Gil go by ground*, at once taking: And they tried it afterwards upon ſeveral others, and it had always the ſame infallible effect.

For Head-achs, ſore Eyes, Fellons, &c.

BOil a good handful of the Leaves of Ground-Ivy (it may be had freſh all the year) in a quart of Ale to a pint, give half in the morning faſting, and half at night going to bed: It is admirable to cure all Head-achs, Pains, Inflammations and Defluxions in the Eyes, Jaundiſes, Coughs of the Lungs, Conſumptions, Spleen, Stone and Gravel, and all Obſtructions. The Herb ſtamped and applied to a Fellon like a Plaſter or Cataplaſm, cureth it marvelouſly and ſpeedily. It is admirable for old Sores, in which you may add a little Copperas and Honey, if they need cleanſing: you may make an Ointment of it.

For Leproſie and Squinanſie.

TAke a Pint of the Juice of Houſleek, and half a pint of Verjuice, with theſe and a pint and a half of Milk make Poſſet-drink: of which give half a pint in the morning, and as much at night: but to do better, be drinking of it all day long, ſo that you drink up this proportion in twenty four hours. It cureth the Leproſie, the Squinanſie, the painful white Swellings in the Knees, and any Aches.

An experimented Remedy for the Stone.

A certain Person at Rome *was sick of a great Stone in his Bladder, who after many Remedies taken in vain, was resolved to be Cut; having agreed with the Operator: This following Remedy was proposed to him by a Priest, of whom he received the Sacrament, who had made trial upon himself and many others. It is thus:*

TAke a good quantity of *Millepedes*, wash them with white Wine, then put them into a glased Pot, lute and close it well, and set it in an Oven to dry the *Millepedes*: Then reduce them to fine Powder; then put to this Powder as much white Wine as it will drink up; then put it in the Oven again as before, which repeat three times; then take this Powder, and mix it with Strawberry-water, and a scruple of Oil of Vitriol, and dry it once more in the Oven; then keep it in a Glass close stopped. Of this Powder the Patient took four scruples, and half an ounce of *Aqua Vitæ* mixt with some fit Broth or other appropriated Vehicle, in the morning fasting; the effect of it was thus: The Patient found himself in great pains, and was much tormented, for the space of two hours; and after five hours past he made a little Urin, but very thick: The second day having taken this Medicin again, his Urin was much thicker than the first. The third day he avoided a great deal of Sand; but the seventh day he avoided so much Sand that his Urin was full of it: And the nineth day the Patient was perfectly cured from his Stone.

Another excellent Remedy for the Stone.

TAke the Berries of Hawthorns, and dry them; then beat them to Powder; and fearſe them finely; take a ſpoonful of this Powder in a glaſs-full of White-wine in the morning faſting.

Another for the ſame.

TAke Parſnips, boil them in fair Water; drink of this water one glaſs-ful in the morning faſting, and one at night going to bed, and all the day long drinking nothing elſe. Continue this ſix weeks.

Another for the ſame.

TAke the White of a new-laid Egg, beat it into an Oil, then let it ſtand a quarter of an hour to ſettle; then take away the Scum and mix the White with two ſpoonfuls of White-wine, four ſpoonfuls of red Roſe-water, then put to this one ounce of white Sugar-candy in Powder, ſtir it well together and take it in the morning faſting, and another at night going to bed. Continue this ſix or ſeven days.

Another for the ſame.

TAke the Juice of ſowr Limons, Oil of ſweet Almonds drawn without fire, of each one ounce; beat the Oil and the Juice together; then mix it with half a pint of White-Wine. Take of this a glaſs-full or half a glaſs, according to the age or force of the Patient, three days before and as many after the full of the Moon.

A Compounded Hydrosaccharum *for the Stone.*

TAke four Gallons of Running-Water, four pound of fine Sugar in powder, Eringo Roots sliced one pound, Raisins of the Sun stoned one pound, a branch of fresh Rosemary. Boil these all together till half be consumed; then work it up with a little Yest, then tun it, and put the Peel of a fresh Limon into it: After it hath done working, you may bottle it, if you please. Of this drink morning and evening, and whensoever you are a dry.

Another excellent one for the same.

TAke a spoon-full of Oil of sweet Almonds, three spoonfuls of Juice of Limons, two spoonfuls of *Aqua Vitæ*, three spoonfuls of fine Sugar; mix all these well together by shaking them in a Bottle, then take it in the morning fasting. It hath done great effects.

A certain Remedy for Retention of Urin.

TAke two handfuls of Water-Cresses, twenty four of the Seeds of *Alkakingi*, two great white Onions cut in four quarters, two good handfuls of *Cremor Tartari*, put all these together into a leaded Pot, pour upon it a good quart of White-wine, let it boil till half a pint be consumed. Take of this a glass-full in the morning fasting, and another at night, and you shall be cured.

Another for Retention of Urin.

MAke a ſtrong Decoction of Horſe-radiſh roots in White-wine, put to it a little Hares Wooll dried in powder. Drink of this Decoction morning and night. You will ſee the effects of it ſpeedily.

Another approved Remedy for the Stone and Gravel.

TAke a ſpoonful of Virgin-Honey, the whiteſt you can get, and mix it with a glaſs-full of Juniper-berry water; take this in the morning faſting, and continue taking it for ſome time, and it will bring away the Stone and Gravel, and will open the paſſage of Urin wonderfully.

☞ *Another for the Stone and Gravel, and for Strangury of Urin.*

TAke the Fat of a Buck-Rabbet, melt it and anoint the Back and Reins with it. This will open the Paſſage of Urin wonderfully. A Child was cured with this; ſo that in twenty four hours it made four Pots full of Urin.

☞ *A Frier in* France, *much troubled with ſtoppage of Urin and Viſcoſities, (which they called the Stone.)*

WAs taught to take one dram of Carrot-ſeeds (he ſaid the wild Carrot-ſeeds are better) and bruiſe them a little, and put upon them a draught of White-wine in a Bottle cloſe ſtopped.

Run the clear next morning through a Linen, and drink that. This once preſerved him from all inconveniences of Urin for half a year. When the Diſeaſe grew again upon him, he took again this Remedy.

An approved Remedy for the Pleuriſie.

TAke an Apple, and open it at the top to take out the Coar, then fill it with white Frankincenſe; then ſtop it again cloſe with the ſame piece you cut out at the top, and roſt it in hot Aſhes; then beat it to maſh, and give it the Patient to eat.

A Remedy for the Sciatica or Rheumatiſm.

TAke Storax liquid, yellow Wax, new Pitch, Honey, of each four ounces; Cinamon, Pepper, of each one ounce; put all theſe (in Powder) together into a new Pot, and let it boil but one walm, ſtirring it carefully all the while: then take it from the fire, and put into it four ounces of Aloes, and one ounce of Oil of Lilies, ſtir them well together to make them incorporate; then put the Pot again upon ſome hot Aſhes, and ſtir it until it be of the conſiſtence of an Ointment, which ſpread warm upon Leather and apply it; but if your Diſeaſe be in a whole Thigh, then you may ſpread it upon a whole Lamb-skin.

You may leave it on ſeven or eight days, if it requireth. If the Diſeaſe come again, put the Plaſter on again.

This Medicin will keep a long time.

To Cure the Hot and Cold Gout.

TAke a good quantity of the Insect called *Cock-chaffers*, in the month of *May*, upon which (in Powder) put rectified Spirit of Salt to be two or three fingers bredth over the Powder; digest till the Spirit be tincted deep red; then pour off that, and put on more, which digest again. Repeat this till the Powder giveth no more tincture, doing in such sort that you employ no more Spirit than is necessary to extract the Tincture; which filter so often till it leaveth no more feces. Then dissolve two ounces of Salt of *Tartar* in a sufficient quantity of Spirit of Salt, then filter it, then mix these two tinctures together, and digest them eight days in a gentle heat, then separate it from the feces by filtration, and keep it in a Glass close stopped. The manner of using this liquor, is thus; Begin with a little dose, as two or three drops, so little a one that it may cause no sharpness of Urin. Take it in Hydromel or Small-Beer. The next day take one drop more, so increasing till you find a little sharpness; which you will do the third or fourth or fifth day. The next day rest and take some Diaphoretic, the next day purge. The next take again the same dose of the liquor as you did the last day; continue that three days. Then as the former time, resting and purging. Repeat this course till you are well; continuing always the same dose of the liquor, which by a little pricking of Urin you found to be the due one.

The Purge which the Patient is to take, is thus; The day before, take Reisin of the Root of Jallap twenty or twenty four granes, Crystal or *Cremor* of *Tartar* ten or twelve granes; mix these with Sy-

rup of Roſes, and take it in the morning. This will purge both the hot and cold Gout by Stools.

During this courſe the Patient is to eat no ſalt meat nor fiſh; beſides he ſhould drink nothing but Tiſanne or Small-Beer that day he taketh the Liquor or Tincture.

An excellent Plaſter for the Gout.

TAke Roſin of Pine, common Roſin, yellow Wax, of each four ounces, *Colophona* half an ounce, Stags or Does-greaſe five drams; melt all theſe together, and then take Cloves two drams, *Croci Orient.* one dram and half, *Olibani* one ounce, Mace two drams; reduce all theſe to Powder, and ſtir it in with the reſt: Then take it from the fire, and mix with it by little and little a pint of Alicant Wine, and make it well incorporate together. Spread this upon Leather of ſuch a bigneſs as you will have it, and ſo apply it, leaving it on until it grow looſe of itſelf.

Another excellent Plaſter for the Gout.

TAke the whiteſt part of Pigeons-dung, Muſtard, of each a like quantity, temper this with White-wine Vinegar; then take the Greaſe of a Puppy-dog, ſo much as will make it an Ointment or Salve, ſet it over a gentle Fire, and put into it a handful of ſhred Parſly; let it ſtew eaſily the ſpace of an hour; then take Garden-Snails, and ſtamp them in a Mortar, then ſqueez out all the Juice of them through a Cloth, which mix with the Ointment and apply it.

For the Kings-Evil.

A moſt contumacious foul inveterate Kings-Evil (ſeveral times touched by the King, and wrought upon by the beſt Chirurgeons, and given over as deſperate) was perfectly cured thus:

TAke Garden-Snails that have white or gray Houſes upon them, and beat them in a Mortar with a little Parſly into the conſiſtence of a Plaſter, and ſo apply it to the Sore or Sores, and change it every twenty four hours. This is alſo good to take away the raging Pain of the Gout.

An approved Remedy for Ruptures.

TAke *Solomon*'s Seal, Agrimony, Milt-waſt, Maiden-Hair, (which is the *Capil. Veneris*) Roots of Straw-berries, of each one handful: Pick and waſh them well, then ſtamp them, and boil them in two quarts of good White-wine the ſpace of two hours; but let the Veſſel be well ſtopped, that nothing may expire. Then ſtrain the liquor, preſſing it hard through a Linen, and drink of this Tiſanne a good glaſs-full in the morning faſting, and an hour after drink another; and continue this (taking two glaſs-fuls every morning) till you are cured. The uſe of this cured a Lady of a great Rupture in a fortnights ſpace; and likewiſe ſeveral others.

Another

Another for the ſame.

A Child was cured of a Rupture thus: Take Cow-Dung, warm it well before the fire, and ſo lay it as a Cataplaſm upon Leather, and ſtrow upon it ſome Cummin-Seeds, and ſo apply it hot to the Rupture: When it is grown cold, put on a new one. This Courſe they continued two days (in Bed,) and the Child was perfectly cured, and alſo many others. It is excellent, eſpecially when it is a windy Rupture.

An excellent Remedy for the Cankers in the Mouth.

TAke nine leaves of Succory, and as much of long Plantan, and as many leaves of Rue; boil theſe in fair water with a ſpoonful of Hony the ſpace of a quarter of an hour. Then take it off, and with the liquor gargariſe your Mouth, and likewiſe drink of it, and with the Herb rub the inſide of your Mouth.

For a Fellon.

TAke Garden-Snails, and beat them in a Mortar, ſhells and bodies and all, till they be ſmooth and like an uniform Unguent; then apply this like a Pultis, and when it beginneth to ſtink, (which it will do in few hours) change it.

An Ointment for Burning.

TAke Cows-Dung, and put to it a sufficient quantity of *Sein doux* (Hogs-Grease) fry or boil them together till they are well incorporated: Then strain the Liquor through a Napkin; and when it is cold, you will have a green Ointment; which is excellent for Burnings.

A most excellent red Balsam or red Salve.

TAke the best Sallet-Oil three pound, Venice Turpentine one pound, yellow Wax half a pound, Red Sanders two drams, Dragons Blood six penny-worth. Wash the Turpentine well in Rose-water, and the Oil in Sack; then boil the Oil, Turpentine and Wax, to the Consumption of the Sack; then put in the red Sanders and *Sanguis Draconis*; boil it a while, keeping it stirred continually, then take it off and strain it.

It is excellent for any Bruises or Inflammation.

It will draw Bones, Slivers or Thorns, dead flesh, or whatsoever festereth.

It is excellent for Aches in the Bones or Sinews.

It is excellent for Burnings.

It helpeth the Head-ach by anointing the Temples and Nostrils with it.

It is also admirable for the Colic and Stitch in the side, being applied with hot cloths.

A dram of it being taken inwardly in a little warm Milk, is excellent for any inward Bruises, Cough of the Lungs, for Surfeits and any inward grief.

It is very good against any Poison.

Another Excellent Ointment for Wounds or Sores in Man or Beaſt.

TAke Roſin, yellow Wax, of each a like quantity: Melt it with a ſoft fire, then put into it half a pound of Hogs-greaſe, which being melted, put into it a ſpoonful of Honey, and half a pound of Turpentine, ſtir it well together half a quarter of an hour. Then take it from the fire, and put into it one ounce of Verdigreaſe in moſt ſubtile Powder; ſtir it well together a pretty while, then put it over a ſoft fire again, but take heed it boil not: As ſoon as it beginneth to ſimper, take it from the fire and ſtrain it through a Cloth; then put it into an Earthen Pot and keep it for uſe.

This is alſo a moſt ſovereign Ointment to mundifie and heal any foul inveterate Wound, be they never ſo feſtered with dead, proud, ſpongy or naughty Fleſh. It healeth ſuddenly and abundantly.

It draweth Thorns, Nails, Splinters, Slivers and all things in the fleſh.

Another excellent Green Ointment to be made in May, *which cureth all ſorts of Strains, Swellings, Aches, Bruiſes, Kibes, Cuts, Cramps, Burnings and Scaldings. It eaſeth the Sciatica. It is alſo excellent for all Swellings in the Face and Throat, yea though they look red and have an Ague in them.*

TAke young Bay-leaves, Wormwood, of each half a pound, red Sage, Rue, (gathered in the heat of the day) of each one pound; beat them very ſmall in a Mortar. Then take four pound of Sheeps Suet new killed and picked from the skin. Work this well together with your ſtamped Herbs, till they be well incorporated, then put to them a Pottle of good Sallet-Oil; work it well with your hands, till it become all of one ſoftneſs and colour; then put it into a new earthen Pan, and let it ſtand covered eight days; then boil it over a ſoft fire the ſpace of four hours, ſtirring it well all the while; then put into it four ounces of the Oil of Spike and let it boil about four hours more. You will know when it is boiled enough by putting a drop upon a Plate, when it appeareth of a very fair green. Then take it from the fire and ſtrain it through a new Canvas. Keep it cloſe ſtopped in a Gally-Pot. It will laſt ſeven or eight years.

An

An approved Remedy for Biting of a mad Dog.

TAke a quart of Ale, and a dram of Treacle, a handful of Rue, a ſpoonful of ſhavings or filings of Tin. Boil theſe all together, till half be conſumed. Take of this two ſpoonfuls in the morning, and at night cold.

It is excellent for Man or Beaſt.

A moſt precious Ointment for all manner of Aches and Bruiſes; and alſo for the Redneſs of the Face.

TAke Violet, Primroſe, Elder, Cowſlip, } Leaves and Flowers. Sage, Mugwort, Ragweed, white Lilies, St. *John*'s wort, Nep, Smallage, Marjoram, Lavender, Sothernwood, Roſemary, Roſe-leaves, Rue, Fetherfew, Tanſie, Lovage, Mint, Camomil, Thyme, Dill, Clary, Oak of *Jeruſalem*, Pellitoial, Hyſſop, Balm, white Mint, Marigold, Peony-leaves, Bay-leaves, Saffron, of each one handful. Stamp all theſe in a Stone-Mortar, as you get them, then put them into a Pottle of Sallet-Oil, and ſo let them infuſe there till you have all the reſt together; for you cannot get them all at one time, but get them as faſt as you can. Then put to them and the Oil, a quart of White-wine, and ſet it over the fire, and boil it to the Conſumption of the Wine; then take it off and ſtrain it; then put it into a Glaſs and keep it for uſe.

When you anoint any Sore with this, do it by the fire-ſide, chafing it well in; and then lay a Hogs-bladder next to it, and a Linen upon that.

A moſt excellent Ointment for a Gangrene and all foul Diſeaſes of the Skin.

TAke good yellow Wax, Gum of Pine, or inſtead of that, take Colophony, Roſin, of each one pound in powder. Melt the Wax firſt, and when it is well melted, put into it your Roſin, ſtir it well the ſpace of two hours over a gentle fire; then put your Colophony into it, and keep it ſtill ſtirring with a wooden Spatule to make it well incorporate over a gentle fire that it may not burn your drugs: When you ſee that they are well incorporated, keep it ſtill ſtirring the ſpace of an hour; then take it from the fire, and put a pound of freſh Butter into it, that hath no Salt in it, which work well into it without fire, ſtirring it continually the ſpace of a quarter of an hour, after which put half an ounce of Verdigreaſe into it in moſt ſubtil Powder, work it well in alſo by ſtirring it continually the ſpace of an hour and half. When you ſee that all is well incorporated, which you will know when you ſee that the Verdigreaſe appeareth green; then put it upon hot aſhes, and ſtir it well for half an hour, but take heed it boil not, for ſo it would be ſpoiled. Then ſtrain it, and keep it in a leaded Pot for uſe.

A moſt excellent Water for a Gangrene, to be uſed with the aforeſaid Ointment.

TAke fine Sugar four ounces, round Ariſtoloch cut in Rolls, pare off their ſhells, and waſh them three or four times in White-wine, then take two quarts of the beſt White-wine, and put it together with the Sugar and Ariſtoloch into a Veſſel;

Veſſel ; which lute very cloſe that the Spirits may not expire. Let it boil very gently till a third part be conſumed ; then take it from the fire, and when it is cold, ſtrain it through a Linen Cloth, preſſing it well to have the ſubſtance out of it, which put into a Fiol, and keep it for uſe.

The manner of Uſing thoſe foreſaid Ointment and Water, is thus :

PUt ſome of the Water in a diſh, and warm it over a Chafing-diſh of Coals ; then dip ſome fine Linen or Cotton in it, and bathe the ſore part with it, and three or four fingers bredth about the inflammation of it ; then ſpread a Plaſter of the Ointment, and lay it on ; then lay a Linen four double dipped in the Water upon that. Dreſs it thus every ſix hours. When you ſee that a Circle forms itſelf between the good and bad fleſh (which is a ſign that the Gangrene looſeneth itſelf from the ſound fleſh) then take away by little and little the mortified fleſh, continuing dreſſing of it till you ſee a perfect cure.

The foreſaid Water is alſo excellent for all old and rotten Ulcers, the ſwelling of any member or ſinews, rubbing them with it, and chafing it in before the fire, and putting a Linnen four double dipped in it upon the Sore.

It is alſo excellent for any interior grief or pain being taken inwardly ; but for that, it will not ſerve above eight days, for it groweth too bitter ; but for any other operation it is always good. It is an excellent Preſervative againſt the Plague, and for any Poiſon, taking three ſpoonfuls of it morning and night going to bed.

It

It is alſo excellent for any Bruiſes by a ſtick, ſtone or by a fall.

It is an excellent Remedy for the Biting of a mad Dog, for ſtinging of Scorpions, Vipers and Serpents, opening the wound if it be not large enough, and bathing it with it, and dreſſing it with the foreſaid Ointment, as you are directed above.

You may give the Patient (in the beginning) three or four ſpoonfuls of it inwardly during three or four days.

This Water and Ointment are alſo excellent for a Horſe farcys.

Monſieur *Trear* the famous Chirurgeon at *Paris* hath done great and admirable Cures with the foreſaid Ointment and Water.

Sir *Kenelm Digby* tranſcribed them (with ſeveral other rare Receipts which are in this Book) out of his Book that his Widow lent him.

A Purge which he uſed to give the Patient during his Cure.

TAke two quarts of White-wine, four ounces of *Sena* well cleanſed, two ounces of Thyme or Serpiles, one ounce of *Pithemus:* put all theſe together in a glazed Pot, which ſtop well, and let it infuſe the ſpace of forty hours. This quantity will ſerve for nine times taking. You may take ſome Broth after it.

Another Excellent VVater for a Gangrene, with which Monſieur D'Alance *doth ſuch wonderful Cures in Gangrenes.*

TAke Frankincenſe, Maſtick, Cloves, Galangle, Cinamon, Cubebs, of each two ounces, *Lignum Aloes* one ounce, Venice Turpentine two ounces: Put all theſe into a Retort, and let them infuſe the ſpace of twenty four hours: then diſtil it in *Balneo Mariæ* till you have two Waters; the firſt will be clear, the ſecond whitiſh. The clear Water is admirable in a Gangrene; bathing the Sore with it warm, and laying a Linen four double dipped in it upon the Sore, and ſo changing it every ſix hours. But becauſe the clear water keepeth not ſo well alone, you may mingle it with the ſecond, and ſo uſe them both together.

Monſieur Belieur *cured the Gangrene, and all old Ulcers, Cankers, Pocky Sores, and Cancers,* &c. *with the Oil of Gold made thus:*

TAke Spirit of Salt two parts, Spirit of Salt-Peter one part; in this diſſolve as much Gold as it will diſſolve: diſtil off very gently the liquor in *Balneo Mariæ* till the Gold remain in a Cryſtalline Gum or Salt, then let it reſolve to liquor in the air of itſelf; then diſtil again and reſolve. Repeat this till it congele no more, but remain a deep high coloured liquor. Dip a Straw in this Oil, and touch all round about the borders of the Sore with it. With this he cured a very malignant Ulcer in a

Leg

Leg (that had been there above three years) in the ſpace of ten days; and alſo a Cancer in a Womans cheek in fifteen days ſpace, that other Chirurgeons (without hope of cure) had given over. With this he cured alſo a Woman (that had 17 Cankers in her private parts, that had been ſo ſome years, and without hope of Cure) in fifteen days.

A Cure for a Gonorrhea.

THe next day after the Purgation of Sena, Clary, *Diaprunæ laxativæ*, in White-wine, as you know. Take this following: Take *Trochiſci Alahand.* half an ounce in moſt ſubtil Powder. Infuſe it in a pint of good Spirit of Wine in a large Boltshead cloſe ſtopped, ſet it in bloud-warm Aſhes or Sand, or rather a little hotter, the ſpace of twenty four hours, ſhaking it well as often as you can; then pour it from the feces, and let it ſtand till it be very clear. Take of this one ounce after your Purge, continuing taking it two days together; but if it be too hot, mix it with a little pure Canary-Sack. The third day take the Purge again. Repeat till you are well.

An expedite Cure for a Gonorrhea.

PUrge the Patient very well three or four times, and give him ſmoothing Emulſions. Then take *Venice* Turpentine, waſh it well with Roſe-water, and make it into a reaſonable thick body for *Bolus*'s with ſubtil Powder of Maſtick; about the fourth part will ſerve. Take of this every morning faſting two or three drams, and drink upon it a good draught of new milk, if you ſup not. Do the like at night going to bed.

A Way to cure Venereal Cankers.

APply to them the ordinary Suppurative, which is *Baſilicon*, with a fitting proportion of *Mercury dulcis* ground to moſt ſubtil Powder, mingled with it. This will ſuppurate it, and draw out all the Venereal venom, and heal it without any ſcar or hardneſs: whereas if you touch the Cancers with Spirit of Vitriol or Sulphur, it will make a ſcar, and then the venom not being able to run out, it will work inwards, and may make the Pox, and will make hardneſs in the place of Sores. If you cannot come to anoint or lay a Plaſter upon the ſore parts, ſyringe it with Roſe and Plantan-water, in which you have put a good quantity of *Mercury dulcis* in moſt ſubtil Powder, and make the Syringe ſuck up the Powder of *Mercury*. This will quickly allay the Inflammation and Pain, and kill the Poiſon, that you may afterwards finiſh the Cure with your *Baſilicon* and *Mercury dulcis*.

For Contuſions or Bruiſes.

AFter Mr. *Craquenel*'s broken Leg was knit, he wore all the day during ſome time a laced Stockin of Dogs-skin, and at night (to diſcuſs the humors and ſwelling, and to ſtrengthen the part) he ſpred very thick upon ſtupes ſome Honey, and laid that to it, after he had firſt bathed the part with Spirit of Wine, and ſprinkled alſo the Honey with Spirit of Wine. This is a great diſcuſſive of humors. A Boy fell upon his face, and a knob as big as an Egg ſwelled preſently upon his Forehead and Temple: they laid this Remedy to it, and by next morning it was well. It is for Contuſions and Swel-

Swellings thereupon; but not where there is solution of continuity.

The Spirit of Wine is much better for this, if it be first well impregnated with the Tincture of *Hypericon*.

For any kind of Tetters, Herpes, &c.

DIssolve two ounces of running *Mercury* in four ounces of the best *Aqua fortis*, pour upon the solution a quart of fair water, in which is dissolved two handfuls of Salt, and then filtered. This will make the *Mercury* fall down to the bottom in a white Calx. When it is well settled, pour off the clear water; which keep for your use. Pour the remaining milky thick substance upon one pound of Hogs-grease melted in an earthen Pot. The Grease must be very hot when you pour in the dissolved *Mercury*; but take the Pot from the Fire when you pour the *Mercury* to it; and stir it well all the while you are pouring it in, and when it is all in, set the Pot upon the fire again to boil the Grease, till all the moisture of the Mercurial Substance and Solution is evaporated away; but be sure you stir it very well all the while; as also after you take it from the fire (which you do as soon as the moisture is gone) till the Grease is cold and hardned.

The way of using this Ointment and Water to cure all sorts of Tetters or Herpes, or any scabby Itches, or inflamed red Faces or Noses is thus: First, if the evil be very great, purge and let bloud very strongly. Then begin with the Water: rub the Tetters and all about it with Linen dipped in the Water made as hot as you can endure it; and when you have rubbed and bathed it well, lay upon it Compresses wetted in the Water. Do thus

twice a day for two or three days or more, till you ſee it hath drawn out the Salt humor abundantly, and that the part is much inflamed and very ſore, and hath little holes or ulcers eaten in it. Preſently after the firſt waſhing it will grow very ſore and inflamed; therefore you muſt not afterwards rub it ſo hard as at firſt, but very gently. Some Sores will require that you uſe the water five or ſix days, others more, tender ones two or three days. When you judge that the Water hath drawn out ſufficiently the violent matter; then anoint with the Greaſe as hot as you can endure it, and lay on it a Plaſter of the ſame Ointment, binding it on.

This Ointment will preſently aſſwage the pain, and take away the Inflammation. Dreſs it with it twice or thrice a day. Much matter will run from the Sore as from an Ulcer; and by little and little it will heal up. And that which is wonderful is, that whereas one would think that ſuch deep holes as the Water will have eaten, ſhould leave Scars, there will not appear the leaſt mark of them; but a fine new tender natural skin will come over it all.

Monſieur Trear's *Excellent Medicinal Stone of great Virtues.*

TAke white Vitriol half a pound, green Vitriol one pound, Alum one pound and half, common Salt three ounces; Salt of *Tartar*, Armoiſe Mugwort, Cichory, Plantan, Arſmart, of each half an ounce; Myrrh, Frankincenſe, of each four ounces; Salt of Wormwood half an ounce. Reduce all theſe to moſt ſubtil Powder. Then put them into a new glaſed Pot, and pour upon them a good quantity of Roſe Vinegar. Then put it upon

on a ſoft fire, and ſtir it continually, till you ſee that it begin to thicken; then put into it half a pound of *Ceruſſa Veneta* in ſubtil Powder; keep it ſtirring over a gentle fire till it grow to a Stone. Then take it off and keep it for uſe.

This Stone (a piece of it) being diſſolved in Rain or River-water (warmed, and the affected part bathed with it, and a Linen laid on four double dipped in this water) will cure any foul inveterate Wound, or any old and rotten Ulcer.

It cureth any Defluxion, and comforteth the ſore part.

It cureth any Ulcer or Canker in the mouth.

It faſtneth looſe Teeth, and hindreth putrefaction of the Gums.

It cureth the *Noli me tangere*, or any Ulcer in the Throat, warming a little of this water, and gargariſing your mouth with it.

It cureth any Fiſtula's and Chilblains on Feet.

It is an exceeding good Remedy for all ſorts of Impoſtumes.

It is exceeding good for any Burning or Scalding.

It is an excellent Remedy for any Cancer in the Breſt. In fine, its Virtues are innumerable.

To dry up Sharp Humors with ones own Water.

A Certain Lady had an humor broke out at the lower part of her heel, which neither Phyſicians with Purgings and Diet-drinks, nor Chirurgeons with Ointments could heal and dry up: it was healed in three or four Fomentations with her own Urin newly made and ſome white Salt diſſolved in it, all warmed, and then with Linens

doubled foment the place by the fire-side, for a quarter of an hour; then bind on a clean dry Linen and compress to it. Do thus morning and night. This is also excellent for Kibes and Chilblains, even after they are broken; and if used before they are broken, it will prevent them.

It is exceeding good to wash and bath ones feet and back-sinews with ones own water warmed. It strengthneth and suppleth them.

An Experimented Vulnerary Potion or Wound-Drink.

TAke leaves of the large Comfrey, Agrimony, *Armoise* Mugwort, of each two handfuls; herb *Robert* 3 handfuls, *Mumia* half an ounce, *Pauls* Betony or Speedwel six handfuls; make a Decoction of this with White-wine and Water in a Vessel close stopt.

Then pour off as much as you can of the clear; then distil the remaining matter. Then add the distilled Water to the Decoction. Take of this a little Glassful in the morning fasting, and as much at four of the clock in the afternoon.

This hath cured a Gentlewoman of an Ulcer in the Reins, in six weeks space.

This cured also a Frier, who being Cut of the Stone, could not be healed.

An excellent Ointment for Wounds and Ulcers.

TAke eight ounces of the Oil of Nuts, Cerus, *Minium*, of each four ounces, two ounces of Bole-Armoniac, one ounce of burned Alum, eight ounces of white Honey. Put your Oil of Nuts into a Basin, and make it hot; then put into it your Cerus, *Minium*, and Bole-Armoniac, by little and little,

little, being first well pulverized: and stir it well for an hour or two; then add to it the Honey, and the Alum brought into a Powder: All this you are to boil for two hours over a gentle fire, and have a care of too great an ebullition; and as soon as you see, that it is boiled to the consistence of an Ointment, take it off from the fire, and stir it so long till it be cold.

It is a most excellent Ointment in all fresh Wounds, in Nerves cut, Fractures and all Ulcers.

A Digestif.

TAke of *Venice* Turpentine the worth of two pence, and wash it well with water, the yolk of an Egg, and a pennyworth of Oil of Roses: beat all together, and use it in fresh Wounds, dipping Cherpibint in it and laying it on, and a Plaster of the said Ointment; and a Compress wetted with Spirit of Salt and Water upon it, and tie up the Wound.

The Proportion of the Spirit of Salt is, to be so much as to make the Water pretty sharp, a little sharper than to drink. This Digestif and Compress are to be used only when there is an Inflammation or Eryspelas about the Wound; else the Ointment alone serves.

To cure any Sore Leg, or old contumacious Sore or Wound.

TAke the Leaves of the Herb called Garden Night-shade (the leaves of it have teeth, the buttons or flowers are yellow) and beat them in a Marble or wooden Mortar; then open the edge with your Fingers to make it light and spongy, that

that it may take up his juice again to it. Then lay it pretty thick upon the Sore, and a double Linen over it then over that a Leaf of red Cabbage boiled till it be tender, that may cover the Leg all round about the Sore (for this takes away all Inflammation and angrineſs in the fleſh) then bind up over that. Dreſs it thus morning and night. If there be any rotten or dead fleſh in the Sore, that muſt be firſt eaten away and cleanſed before you apply the Night-ſhade, that the Sore be clear and red. With this have been cured ſtrange Ulcers on Legs.

For Fiſtulas and Ulcers.

GEt *Pauls* Betony one handful; Agrimony, Sanicle, Mouſe-ear, Bugle, Self-heal, Winter-green, Wood-Rue, *Saracens* Conſound, Corſswort, Scabius, Sweet-Maudlin, Avens, Spatling-Poppy, Plantan, each half a handful; of Roots of Licoris, *Scorſonera*, wild Angelica, red Beets, golden Rod, of each an ounce and half; of the inner green Rind of woody Night-ſhade and Tamarisk, each a handful and half; Harts-horn four ounces, Crabs Eyes bruiſed three ounces, *China* two ounces, *Sarſaparilla* four ounces, cut, bruiſe, chop all ſmall; infuſe them in a pottle of White-wine; a quart of Elder-flower water, Wormwood and Ladies-mantle water, of each three pints. Let them ſtand in warm embers; but not boil more than twelve hours. Then boil all in a covered Veſſel, till almoſt half be conſumed: ſtrain it lightly, clarifie it with Whites of Eggs, pour it off, leaving the dregs behind; then add Honey of Roſes one pound and an half, Syrup of juice of Scurvy-graſs ſix ounces. Give it the boil only till it mingle; ſcum and bottle it cloſe. Take five ſpoonfuls at once

firſt

first in the morning, and at four in the afternoon, and at going to bed; adding to every dose six granes of Salt of Vitriol, and two granes of Salt of Tin.

Where there is Fracture of Bones, put to the other Ingredients three ounces weight of Savin dried and powdered, and one ounce *Lapidis ossifrag.*

Use no Unguent to the Ulcer, nor Plaster, unless that of the juice of Tobacco, and juice of Bitter-sweet or Wood Night-shade, boiled to a consistence, and made into the form of a Plaster with a little Wax and Turpentine.

A most Excellent Plaster of very great virtues, called the Plaster of Norimberg.

TAke half a pound of Litharge of Silver and a pint of very good Wine-vinegar; mix these together, and let it stand so three days. Then pour off the clear, and add to it half a pound of *Minium*, and as much of Water of Frogs Spawn. Let it stand again three days, stirring it often every day with some stick or other. After three days standing pour it out quickly into a broad Brass Bason; adding to it of Oil of Olives or Walnuts, one pound, and three ounces of common Salt. Let it boil, stirring it very well to the consistence of a Plaster, adding in the end a little Camphire.

A Plaster very Excellent for many things.

TAke a peck of Garden-Snails, and pick them clean from the shells unwasht, which stew in a close pot with a quart of Muscadine; and be sure they do not boil. When they are tender stewed,

take

take them out of the Muſcadine and ſtamp them: and as they are ſtamping, take of the tender tops of Roſemary, Rue, Elder-tops or buds, red Sage, of each of theſe a handful; chop them ſmall, and put them into the Muſcadine, where the Snails are ſtewed in, and boil them very ſoft and tender; then put in the Snails again, and with them ſix pennyworth of Saffron, five ſpoonfuls of Neats-foot Oil, and an ounce of Mithridate: Boil all theſe together, till they be very thick and fit to ſpread; then put it into Pots, and keep it for your uſe. This will keep good a year. When you apply it, ſpread it upon Leather to the grieved place, and renew it once in four and twenty hours. The beſt time to make it, is in *May* or *June*. It will cure any Ach or Sinew, Strain or Grief, in the Sinews or Muſcles, and the dead Palſie, as hath been often proved.

An Excellent Aſtringent Plaſter for the Back.

TAke Comfry Roots, Knotgraſs Roots, Cinquefoil Roots, Budweed or Baudweed, of each two good handfuls. Stamp all theſe, and put to them a quart of the beſt Sallet Oil; then let it boil ſoftly till the Oil hath extracted the virtues of the Roots; then ſtrain it; then put to it four ounces of *Venice* Turpentine, and as much of Virgin-Wax, and two ounces of Pitch.

The

The Excellent Balſam of Doctor Salvatore Winter, *given me by him, and made by my Chymiſter, with an Addition of his own of more Ingredients.*

TAke Linſeed Oil two gallons; Colophony, Roſin, Bees-wax, of each three pound; Storax, Pitch, of each one pound, *Venice* Turpentine two pound, Oil of Turpentine four ounces [to theſe he added, by his own judgment, Oil of Bricks half a pound.] Put your Linſeed Oil in a Kettle, and when it is very hot, put into it your Colophony, Roſin and Wax, in little pieces: then put in your Turpentine and Pitch, and Storax, and the Oil of Turpentine, ſtirring it as long as it is on the fire.

His Addition.

Now put into it half a pound of the Oil of Tobacco, and four ounces of the juice of Orpin (that is, the Herb ſtamped and the juice ſtrained out; and permitted to ſettle till the thick feces be ſunk to the bottom; then pour off the clear juice) alſo four ounces of *Saccharum Saturni*, and one ounce of Borax. Let them incorporate on the fire half a quarter of an hour. Then take the Kettle from the fire, and keep it ſtirring till it be juſt cold, leſt ſome of the Ingredients ſhould be ſo heavy as to ſink whilſt it is liquid. When it is through cold, put it into Gally-Pots.

For the Kings-Evil.

MElt one dram or two of the Balſam, and put as much of the following Spirit unto it, taking it immediately from the fire: mix them well together, and anoint the Swelling with it; as alſo the Sore if there be any broken out, (for it cauſeth no pain, but gives rather eaſe to any raw part) and continue this bathing or anointing twice a day, and keep the affected part warm. But it is convenient to purge and ſweat in this caſe. The like mixture of Balſam and Spirit is excellent for the running Gout or other Gout; alſo for any Strain or Bruiſe or Swelling, or Pain whatſoever, and for Stitches, and any Strain in the back, and for any Wounds, new or old. They are great Searchers and penetrate mightily; yet without all pain.

A Maid had been much troubled with a Tetter on her Arm above four years, much matter running out of it. Some of the matter being taken upon a rag, was dreſſed with ſome Sympathetic Powder, and ſome of the Balſam applied to the Tetter; and ſo dreſſed twice a day for three days, and the Maids Arm was perfectly cured, and continued well and firm.

Doctor Salvatore Winter's *Spirit, as my Man made it for me.*

TAke common good Brandy ſeven gallons, Flowers of Camomil four handfuls; Leaves of Plantan, Leaves of Rue, of each three handfuls, Leaves of Roſemary twelve handfuls, Leaves of Betony two handfuls. Firſt dry all theſe Herbs, and then put them into the Brandy, and ſet them

in

in a gentle heat to digeſt for eight or ten days; and then preſs it out and diſtil it from the feces, and then put it in a long body, and to every pint of this liquor put the following Ingredients, Myrrh half an ounce, Saffron, Caſtor, Amber, Benjamin, of each half a dram, Storax one dram; beat all theſe groſly together, and then put them into the Spirit, and let it ſtand in digeſtion eight or ten days more; and then diſtil off the Spirit in a gentle Bath, taking only that which will burn all away.

[This addition of Myrrh, *&c.* was done by my Man upon his own conceit that it would make the Spirit the better; and the truth is, it had very good effects in the caſes afterwards ſet down. But methought it was weaker after the ſecond Diſtillation and Addition, than the Authors Spirit; which peradventure may be, becauſe peradventure the latter Ingredients did retain ſome of the chief Spirits. Therefore if this Addition of Ingredients be judged good, I ſhould chooſe to put them in at the firſt with the Herbs, and ſo make but one Diſtillation.]

This Spirit I found excellent in Fits of the Mother. Smell ſtrongly to it, and drink a little of it down. You can take but a little down, it is ſo ſtrong; ſome drops or half a ſpoonful or ſo. Uſe it after the ſame manner for Giddineſs, or any Pain in the Stomach, and againſt all Fumes offending the Head, either hot or cold; any ſwouning Fits or Faintings. For Deafneſs and to help the Hearing, dip a little Cotton in it, and put it into the Ear, and likewiſe ſmell ſtrongly to it, that the ſtrength of it may penetrate through all parts, and pour a little of the ſame upon the head.

This Spirit alone is excellent for Burnings.

Diſtillation of Tobacco.

FIrſt, diſtil the Stalks of Tobacco with three heads of Glaſs, and three Receivers, the one after the other. In the firſt you will have a Balſam, in the ſecond a yellowiſh Oil, in the third nothing but Water.

The next trial I made was with one head only; but changing the head, as ſoon as it was hot, for one that was cold, I found in the Receiver Balſam, Oil and Water altogether, which ſeparate at ſeveral Diſtillations.

The Balſam alone being laid upon an Ulcer in a mans Leg, did preſently fume into his Head, and provoked both Stool and Vomit, and healed the Ulcer.

It is of an extreme light quality. It healed the Thumb of a Skipper, that was cut to the bare bone, in twenty four hours.

It cured alſo a Tetter or Ringworm in a Gentlewomans forehead.

If you dip a little Lint or Cotton in this Balſam, and put it to the Tooth, it will cure the Tooth-ach.

It is alſo very medicinal, being taken inwardly (from eight to ten drops) in White-wine. It is excellent to open Obſtructions of the Lungs, *&c.* but more is a Vomit.

The Stomach anointed with the Balſam or with the Oil, provoketh Vomit; but anointing with it about the Navil, worketh downwards.

You may draw the Salt out of the Remainder, which is excellent to cleanſe all impurities of the Lungs and Liver: It purgeth the Head and Brain, as alſo the Bloud. It provoketh Appetite, and cau-

cauſeth good Digeſtion. It is alſo good to drive away the Dropſie. The Doſe is ſix granes in a dram of the Balſam of Sulphur.

This Salt being lapt in a rag, and held between the Teeth, draweth abundance of Rheum, and cureth the Toothach.

For the Falling of the Uvula.

IT is an infallible Remedy for the falling of the *uvula* to do thus: Gag your ſelf with the Joint of your Thumb, whoſe one end joineth to the hand, and the other is the middle juncture of the thumb: let your two rows of teeth reſt upon theſe two ends of that Joint, ſo as to make you gape wide: Keep your ſelf gaping with this Joint in your mouth as long as you can, all the while ſucking in your breath. When you are weary of continuing in this poſture, take out your Thumb and reſt. After you have repoſed ſufficiently, repeat again all the ſame action: and when you are weary pauſe again. You ſhall not have done ſo thrice, but your *uvula* will be reſtored to its due place.

Cornacchius *his Medicinal Powder.*

TAke Regulus of Antimony four ounces, pure Saltpeter four ounces, mingle them well together in ſubtil Powder, and caſt them into a red hot Crucible, and make them burn by caſting in a firy coal, which repeat as often as it conſumeth; for without that the Saltpeter will not burn, there being no more Sulphur in the Antimony to ſet it on fire. Keep it thus in fuſion in a reverberating heat for at leaſt an hour, ſtirring the matter often with an Iron Rod; then let it cool. Give of this with

the Scammony and *Cremor Tartari*, of each ten granes. Be ſure that the fixed Salt of Saltpeter do not diſſolve nor be ſeparated from the Antimony; for in that conſiſteth the virtue againſt Fevers.

The beſt way is to make the Regulus of Antimony, to put firſt into the Crucible the Saltpeter and Tartar, and when they are well melted, put in the Antimony, and proceed in the reſt in the uſual manner: Thus you ſhall have ſix or ſeven ounces or more, of every pound of Antimony. Likewiſe to make a martial Regulus, put the Antimony firſt into the Crucible; and when it is in perfect fuſion, then put in the *Mars*.

The uſe of the Spirit of Tartar, is alſo good for all Obſtructions, particularly of the Spleen, and keeps the body open.

The Doſe is from fifteen to thirty granes.

It doth alſo good in Fevers and Agues, and likewiſe in the Venereal Diſeaſe, it is a good cleanſer of all parts.

Spirit of Salt Armoniac.

TAke Sulphur, Salt Armoniac, of each five ounces, very ſtrong quick Lime ſix ounces: Powder them all apart very finely, then mix and grind them well together, and put them into a Retort, and diſtil in Sand, giving very ſtrong fire, at laſt a very ſtrong Spirit will come over.

The yellowneſs of it, and tinging black the fingers, or ſilver, ſheweth there is of the Sulphur in it.

Make thus the Spirit of Salt Armoniac to ſmell to which is exceeding ſubtil and penetrant. Put into the bottom of a body Retort about three fingers thick, more or leſs, a bed of ſtrong quick Lime

Lime ground into ſubtil Powder. If but coarſly broken it will ſerve, for the water will diſſolve it. Pour upon it ſome water in which is diſſolved Salt Armoniac, as much as the water can diſſolve. The quantity of this ſolution, which you muſt pour upon the quick Lime, is ſo much as to ſoke it well, and ſwim a little half a fingers bredth over it. Diſtil this in *Balneo*, keeping the ſubtil Spirit by itſelf. If any flegm ſhould be come over with it, rectifie it once from the flegm in *Balneo*. This is not only good for benummed heads to ſmell into, but alſo to take inwards. The former is a great healer of inward Ulcers.

Balſam of Sulphur for the Breſt, &c. and for Tetters.

MAke Spirit of Turpentine thus: Diſtil it in a Cucurbite by itſelf (without Water or ought elſe) in *Balneo Mariæ*. Then rectifie it by itſelf four or five times. The meaſure to know when it is enough rectified, is that it unites perfectly with the pure Spirit of Wine. Put this upon flowers of Sulphur ſublimed five or ſix times *per ſe* (unleſs it be ſo after ſublimed, it will not do) and digeſt them a while together, and the Spirit will diſſolve all the Sulphur (which if there be not enough of the Spirit to do at once; pour off the ſolution, and put on freſh Spirit.) Put this ſolution with eight or ten or twelve times as much pure fair water (if it be diſtilled it is the better) into a Cucurbite, and diſtil it in *Balneo* till there remain in the bottom a Subſtance like a *Colophonia*, which when it is cold, will be brittle and tranſparent red like a Ruby. The water will have carried over with it all the Spirit of Turpentine, and only the

Sulphur will remain behind. Beat this friable Substance into ſubtil Powder, and pour pure Spirit of Wine upon it. All will diſſolve in the Spirit of Wine, excepting a very little feces of the Spirit of Wine, leaving the Sulphur in a mucilaginous Balſam.

This is excellent in all inconveniences of the Breſt and Lungs. Alſo if you anoint any Tetter, Itch or Scabs with it, it cures them in three or four times, doing it morning and night or oftner.

The Balſam of Sulphur made the ordinary way with the Oil of Walnuts, is alſo a certain cure of Tetters, Scabs or Itch: alſo the Oil of Toads.

If all the Oil of Turpentine be not come away at this once putting of Water upon the Solution: put more Water upon it before it be diſtilled dry (for before that, you may judge whether all the Spirit be, or will come away this bout) and diſtil as before. When you ſee the Water come away without bringing any Spirit over with it, and yet ſome Water remaining behind, it is a ſign all the Spirit of Turpentine is ſevered from the Sulphur; then diſtil to drineſs. Till this ſign put on ſtill new Water.

A Panacea of Antimony.

TAke Antimony, reduce it to Powder, and imbibe it by little and little with good Oil of Vitriol; then put it to digeſt in Sand fifteen days; then imbibe it again, and put it to the Sand again, and digeſt it fifteen days more with a moderate heat; then put it into a Retort, and with a ſtrong fire make all the Spirit come over; then break the Retort and your Panacea will be fixed.

Another Panacea.

FUlminize Saltpeter with Charcoals; then give it ſtrong fire for two hours; then diſſolve it in fair water; filter and evaporate to drineſs; then give it ſtrong fire for two or three hours more, till it become like green.

Take two parts of this Saltpeter, and one part of Antimony in Powder, put it in an earthen Pot, and put upon it a ſufficient quantity of water, which being evaporated, give it a ſtrong fire for two hours, then put your matter in water; and let it ſettle a night, and it will draw the Tincture of Antimony, which you will find at the bottom; pour the water from it and dry your Powder. The Doſe is from ten to twenty granes. It purgeth gently by ſtools.

A Medicinal Powder.

IT is to be done two ſeveral ways; for the one, ſublime Mercury for it ſeven times (beginning with the beſt *Venice* Cryſtalline Mercury) revivifying it after every Sublimation, and then ſubliming it again with new Sulphur and Salt. To fix ounces of this purified Mercury revivified, put one ounce of Leaf-Gold, making an Amalgame after the ordinary manner of Goldſmiths, which waſh with many waters, till no more blackneſs comes from it; then (being very well dried) put it in a large Oven, and ſtop it but ſlightly with Cotton, and ſo digeſt it in Aſhes or Sand without ever ſtirring the Fiol, till it be a red Precipitate (all but a very little, which will continue running Mercury) putting

down with a Raker from time to time what ſhall ſublime to the ſides of the Glaſs (but without ſhaking it) but you muſt have a care not to give too great heat to ſublime much, but to be ſtill in the next degree to Sublimation. The Mercury thus prepared, grows preſently hard with the Gold, ſoon after it is put to digeſt.

In the other way take a good Mercury diſtilled from Cinnabar, and make an Amalgame as above, with a ſixth part of Leaf-Gold, and waſh it very well; then put it to digeſt in a little Bolts-head for three or four days; then take it out, and waſh it very well from new blackneſs that will grow in it: When the Water comes off clear, put it again to digeſt three or four days; then waſh as before, and more blackneſs will come away. Continue theſe ſharp Digeſtions and Waſhings, till no more blackneſs come away with waſhing, but your Amalgame is in a permanence of whiteneſs and clearneſs, which will take up five or ſix or ſeven months to bring it to that paſs. Then put it to digeſt, as is ſaid above. It will be five or ſix or ſeven months after your waſhings before the Mercury precipitate, be completely made, more or leſs, according as you govern the fire dexterouſly. Now the firſt waſhings (in the firſt method) before the Amalgame come to be clear without blackneſs, will take up ſix or ſeven months; ſo that it will be fifteen or ſixteen months before the work be completely finiſhed that way; and ſix or ſeven the other way. After the Mercury precipitate is made, continue it ſome time in the fire (increaſed as much as you may without danger of ſubliming or revivifying the Mercury) to accuſtom it to greater heat, and to diſpoſe it a little to ſome degree of fixation, or at leaſt of leſs volatility or churliſh-

churliſhneſs, and violence in Salivation: and that it may ſtay the longer in the body to work otherwiſe more radically, when the wild Spirits are a little tamed.

A great Medicin which hath don great Effects, from an intimate Friend.

DIſſolve ſix drams of Silver in *Aqua fortis* (the pureſt and beſt *Aqua fortis* that can be had) uſing no more *Aqua fortis* than is juſt neceſſary for the ſolution (which will be about one ounce and half, *i.e.* two parts to one.) When you ſee that it is all perfectly diſſolved (without fire) caſt into the *Matras* an Amalgame made (after the ordinary manner of Goldſmiths) of one dram of pure Gold, and two ounces of Mercury; you will preſently ſee a *Pelagus conturbationis* made. Let the *Matras* ſtand ſtill upon a Table, or in ſome corner, till you find the matter at that paſs as you deſire. You will ſee many beautiful colours appear. After forty days ſtanding, you will ſee a kind of roughneſs appear upon the Superficies of the Mercury, which will daily grow and ſprout out more. In twenty days more (ſixty in all) it will be ſhot out into little ſpears or needles and twigs. When you ſee it groweth or ſhooteth out no more, pour off all the liquor, and the Mercurial matter will ſoon dry of itſelf. Then with ſome little piece of Glaſs break off theſe Excreſcencies or Needles from the maſs, (whereof you may have about one dram or better) and grind them to Powder, which will be very white. Of this give twenty four granes, or more (according to the complexion) in a Cherry, or Yolk of an Egg. In the morning very early, or at night going to bed, or rather after the firſt ſleep

at three or four in the morning, and in this laſt caſe ſleep after it. It is ſeven or eight hours before it uſeth to work.

Sometimes the firſt Doſe will not work at all, otherwiſe than by ſtrengthning, and then he giveth a ſecond Doſe two or three days after; which will work either by Stool or Vomit or Sweat, as Nature ſhall require, and in due proportion.

It cureth Quartans and other Agues, and worketh admirably in all deſperate Diſeaſes. He uſed to take it once a month. When there is no peccant humor in the body, it worketh not by evacuation, but ſtrengthneth. The Mercury encloſeth and ſhutteth up the Metals, like a Roſe of *Jericho*, from whence he calleth it *Sigillum Hermetis*. The part of the Needles next the Maſs worketh rougher than the ends. Out of the Maſs you may draw moſt of the Gold and Silver with loſs of about an eighth part of the firſt, and leſs proportion of the Silver. He thinketh this to be a Philoſophical Mercury, and to be uſeful in the great work.

One hath made a Work of Projection with Gold or Silver and Mercury, amalgamated with Antimony, that hath been impregnated by the Univerſal Spirit caſt into it from the Sun-beams by a Burning-Glaſs, which increaſeth the weight of it, though in calcining of it, much of its humidity do evaporate away.

A Menſtruum *of Citron-Pills to diſſolve Bodies of Metal and Coral.*

PRovide ſufficient of the thin rinds of Citron Pills, the yellow part only, that gives the Oil. Expoſe them (freſhly cut) in Glaſs or Porcellane Plates (being very thin) to the open Dew, ſetting them out about midnight, and taking them away an hour or two before Sun-riſe. Diſtil the Oil of theſe rinds thus impregnated with dew. You will find it much more active and yet more benign, then if it were not rectified. You may reiterate this courſe with new chips, as often as you pleaſe, during the ſeaſon of the Dew; ſo to have what quantity you will of this Spirit.

A Menſtruum *to open any Body, but chiefly the Body of Gold.*

TAke Salt of Tartar and Saltpeter, grind them very well together; then ſet them in a moiſt place to diſſolve. When they are diſſolved, put them in digeſtion in a Bolts-head for three weeks in a gentle heat. Then take out the liquor, and evaporate it till it be dry; then mix it with three parts of *Bolus Armenus*, and diſtil it in an earthen Retort, firſt with a ſoft fire, then with a ſtrong: Have a great care that no Spirits break out, for they are very ſubtil. When all is come over, put it into a Glaſs-Retort, and rectifie it in Sand. Then you will have a mighty ſubtil Spirit, which will diſſolve almoſt any metal, and it will draw a Tincture out of Calx of Gold. It hath a pleaſant ſmell and taſt. All the Salt of Tartar will come over with the Saltpeter.

A Remedy which cureth Fevers by a Lunary Emetic, which is an Universal Medicin, even for the Morbus Gallicus *and Leprosie.*

DIssolve Silver in *Aqua-fortis* made of Vitriol and Saltpeter, and precipitate it with Spirit of Salt, then dry the Calx.

Take of this Calx and Antimony, of each a like quantity, distil it as a Butter of Antimony, and you shall have a Butter white and transparent, which will dissolve Gold. Precipitate one part of this Butter with common water, edulcorate with bloud-warm water, and you will have an Emetic Remedy, which will purge and cure all sorts of Fevers, and is a *Catholicum* for ill humors; the Dose is from one grane to three in some fit thing, and stay four or five hours after it before you eat or drink. This must be given with great caution.

To make an admirable Sudorific of this, that will cure the Venereal Disease, and the Leprosie, is thus:

TAke the other part of this Butter, and put upon it some Spirit of Saltpeter, cohobating three or four times; then wash it with Water, and burn some Spirit of Wine upon it; and you shall have a Sudorific, which will do admirable Effects, taking from eight granes to sixteen: And after the sweating you must well rub over the whole body with warm clothes; observing a reasonable diet, and some Purge before: as also the use of some fit Decoction.

Spirit

Spirit of Verdigreaſe.

DIſtil a Spirit from Verdegris; rectifie it once by itſelf, it will leave ſome feces and Metalline terreſtreity behind.

Take one part of this Spirit, and three of fair Water; put it upon Litharge finely ſearſed, as much as it will diſſolve. Deſlegm it in *Balneo*, and then a pure and powerful Spirit will come over in Sand, without acrimony, and taſting a little ſweetiſh, as in the making of *Saccharum Saturni*. It is excellent for Convulſions of little children, in ſome fit vehicle; a drop or two for ſucking Infants; but to Men you may give ten or twenty drops. It is very good for the Epilepſie, Colic, Spleen, *&c.*

Quære of uſing this Spirit of *Venus*, to extract the Tincture of *Vitrum Antimonii*, from whence extract it afterwards with Spirit of Wine. Note that in making that extract, the Spirit of Wine will hardly tinge itſelf with the extract made with this Spirit or with diſtilled Vinegar, if you evaporate that *Menſtruum* to drineſs; but if you leave it moiſt, then it preſently tingeth itſelf, and leaveth the Salt and precedent *Menſtruum*, without any Tincture of the Antimony.

If you diſſolve the pure part of Verdegris in diſtilled Vinegar, filter and congele, as *Zuelfer* teacheth; then diſſolve again in new diſtilled Vinegar, and work all as before. This repeat three or four times; ſo to have your Verdegreaſe perfectly pure, before you draw the Spirit from it. *Quære* of diſſolving it in Rain-water rather than in diſtilled Vinegar.

To Corporifie the Salt of Spirit of Wine, &c.

TAke the beſt and pureſt old Wine, diſtil the pure Spirit from it; then diſtil away all the Flegm, till there remain a black viſcous ſubſtance. Take this black viſcous ſubſtance, and put the Spirit of Wine upon it, ſo much as to diſſolve it all. Digeſt it five or ſix or ſeven days, then diſtil; firſt in *Balneo*, till the Spirit come away; then diſtil this in Sand to drineſs, and there will come away a white milky Oil or Spirit (which *Lully* calls *Aqua ſecunda*) receive this by itſelf, and keep it carefully. Upon the dry *Caput mortuum* put a good quantity of Spirit of Wine to diſſolve it all, and digeſt it ſeven or eight days; then diſtil as before, and keep the milky liquor or *Aqua ſecunda* with the former. Repeat theſe Diſtillations ſtill with new, or the ſame Spirit of Wine poured upon the earth, and digeſted; then diſtil it till there come no more milky liquor, and the Earth be dry and in powder. Then reverberate the dry Earth twenty four hours between two Crucibles or Pots, to make it exceeding dry. Then imbibe it with a tenth part of the *Aqua ſecunda*, and digeſt it two or three days; then diſtil it in *Balneo*, and the Liquor will come off inſipid, leaving all his virtue in the Earth. Add new *Aqua ſecunda* to it, and do as before, repeating this till you have imbibed all your *Aqua ſecunda* into the Earth. Then take a ſeventh part of pure Spirit of Wine, and imbibe the Earth with it, and digeſt it two or three days; then diſtil it in *Balneo*, and the Liquor will come off like Flegm. Then imbibe the Earth with a ſixth part of the Spirit of Wine, and do as before; then with a fifth, then with a fourth part;

all

all which proportion continue, repeating the Imbibations with the fourth part till the Earth will take no more, but that the Spirit of Wine comes off as ſtrong as you did put it on. Then put this impregnated Earth to ſublime for twenty four hours or more; at the laſt, making the Veſſel red hot, a pure white Salt will ſublime up, which is the Salt of the Spirit of Wine. All is not yet gon out of the Earth; therefore you may repeat the Imbibations with new Spirit of Wine, till the Earth will take no more in. Then ſublime as before new Salt. Repeat all this till the Earth will corporifie no more Spirit of Wine; and then it is an Earth *damnata*. Take all the ſublimed Salts, and put upon them three times as much pure Spirit of Wine, and diſtil them over together. This is *Lully*'s great *Menſtruum*; and diſſolveth radically all metals, even Gold: and draweth the eſſential Tinctures of them all. After you have drawn the Tincture of Gold with this, boil the remaining body ſome time in Spirit of Urin, and it will reſolve into running *Mercury*.

To have a leſs *Menſtruum* that will draw out the Tincture of Vegetables exceeding well, you may take the Earth after it is impregnated with the *Aqua ſecunda*, and the Spirit of Wine, as much as it will take in, and before you ſublime any Salt from it, being in that ſtate, pour upon it three times as much as it is, of pure Spirit of Wine, and digeſt them two or three days together; and the Spirit of Wine will diſſolve all the volatil Salt that is in the Earth. Dicant it off clear, and uſe this *Menſtruum*.

To volatilize the fixed Salt of Tartar.

CAlcine it in a close Vessel to blackness (for if all the Sulphur be driven away it will not do) Then put upon it a pure Spirit of Wine, and after some digestion distil it off. Cohobate the same Spirit of Wine upon the calcined Tartar, and do all as before. Repeat this till you find that the Spirit of Wine be exceeding sharp, and have carried over with it all the Salt of the Tartar.

Another way to Volatilize the Salt of Tartar.

TAke Salt of Tartar very white, dissolve it in distilled Vinegar; philter it and then evaporate to a Pellicule, put to it twice as much of white Sand; then reverberate it together twelve hours in an earthen Vessel, not glazed. Take this Salt reverberated with the Sand, and dissolve it again in distilled Vinegar, philter, evaporate, reverberate and dissolve, so often till the Salt of Tartar be as white as snow. Take this Salt and dissolve it again in distilled Vinegar, evaporate in *Balneo*, dissolve again, repeating till the distilled Vinegar become acre or sharp; then dry the Salt gently. Then take this Salt, and put upon it its weight of well rectified Spirit of Wine, digest and distil it gently; then put new Spirit of Wine upon it; and repeat this so often, till the Spirit of Wine come from it as strong as it is put on; then evaporate it gently in a Retort: Then sublime by degrees of fire; take the sublimed Salt, (which is the volatil Salt of Tartar) and keep it carefully in a Glass. It will dissolve Gold and all Metals.

An Excellent Mercury Vitæ *of a singular Preparation.*

TAke Mineral Antimony very clean six ounces, that hath never been melted, and as much of good Saltpeter, grind them to subtil Powder, then mix them together, and put them in a Crucible, and cover it with another Crucible that hath a hole in the bottom. Calcine it with a wheel fire by degrees; when you see that it fumeth no more through the hole, take it out and grind it very small. Then take three Ducats of Gold, and six times as much of this Powder; put the Powder first in a Crucible, and melt it; then put in one of your Ducats, and stir it with a stick till it be melted; and then put in the other two one after another; and when they are all melted; leave it yet a while in the fire. Then take it out, and when it is cold, beat it into fine Powder, and searse it. Then put to it its weight of Mercury sublimate in subtil Powder, mix them well together, and put them in a Retort well luted; then put it in a Fornace, and put a Receiver to it filled with common Water, so that the end of the Retort lie in the Water; but you must not lute the Joints: Increase the fire by degrees, and the matter will distil into the Water; but the most part of it will stick about the neck of the Retort, which you may draw forth, and make it fall into the Receiver; when you see that nothing more comes over by force of fire, let it cool, break the Retort, and take out the matter that sticketh about the neck, and likewise that which is in the Water. Keep the

Water,

Water, for it is exceeding good to cure all ſorts of Ulcers. Pour clean Water upon the matter which was ſettled in the Receiver, and ſhake it ſometimes; then let it ſettle; then pour off the Water, and put freſh upon it; Repeat this ſeven or eight times; then ſeparate the Mercury from it, and put warm Water upon the Powder, and let it ſtand till the next day; then repeat the lotion as the day before. Continue this ſix days, on the ſeventh day, waſh the Powder with freſh cold Water, and let it ſettle: pour off the Water, and dry the Powder, which keep for your uſe. The Doſe is from one grane to two for little Children; but for Perſons of Age ſeven or eight granes. It will cauſe a gentle Vomiting, and worketh likewiſe by Stools. It hath done miracles in Fevers, and in the Venereal Diſeaſe, and of the Gout. You will find in the *Caput mortuum* the greateſt part of the Gold.

This *Mercury vitæ* is not white like the ordinary, but of a browniſh gray. It appears by this to have ſome of the Mercury in it, that if you rub Gold or *Venus* with the Powder, it will make it white, which common *Mercury Vitæ* will not do.

If you take the remaining Salt, after you have diſtilled the Water *Athletica* of Saltpeter and Salt Armoniac, and diſtil that by ſtrong fire as you do *Aqua fortis*; the Water that cometh ſo, will carry Gold over the helm, much more powerfully than the Water that cometh firſt, and which ordinarily is uſed.

A great Corroborant.

MAke an Amalgame of Gold and Mercury in due manner; which grind well with flowrs of Sulphur, and set it upon Coals, and so make Calx of Gold according to art. Repeat this Calcination two or three times. Then take your Calx of Gold, and grind it exceeding well with twice as much pure decrepitated Salt; put these into a Crucible, which cover well, and set it to cement or reverberate during six hours or more in a Fornace, where the heat may be increased by degrees, so that in due time the Crucible become red. Continue so a pretty time, but have a care the Salt melt not. When it is cold, take out the matter and grind it well, and pour hot water upon it to dissolve the Salt, and philter it off, and pour on more water, doing so till you have severed all the Salt from the Gold (as also a white earthy substance that will swim upon the water) then dry the Gold: which grind again with double its quantity of prepared Salt (the same Salt will serve again when the Water is distilled from it) and cement it, and work all as before, having a care always that the Gold settle well to the bottom, after you have stirred it in the water. Repeat this six or eight times (the more the better) till the Gold become to be all gray or white Powder. Then cement it with double its quantity of pure Salt of Tartar, in the same manner as you did with the Salt, and do all as before. Repeat this two or three or four times, dulcifying it every time very well from the Salt. Then put upon it (being very dry) the *Menstruum* of Spirit of Urin mentioned hereafter, and it will be tincted bloud-red in twenty four hours: pour

off that and put on more, till you have drawn out all the Tincture; which distil in a Cucurbite with a very gentle fire, till it become a Gum; of which put one dram into a pint of Sack, and give a spoonful for a Dose. It is a mighty Corroborant; as also Sudorific, where Nature requireth it. It will make one sweat twenty four hours. The *Menstruum* is thus made: Take pure Spirit of Wine, and pure Spirit of Urin: Put them together into a long Cucurbite with a narrow mouth, on which put a head fitting it in the Orifice, and so distil of this Spirit of Wine with a very gentle heat; there will remain a flegmatic liquor in the bottom. Cohobate the same Spirit upon it till there remain only perfect Flegm in the bottom, and that all the Spirits and volatil Salt of the Urin be in the Spirit of Wine. This is a great Dissolvent and Acaheft; but it will be stronger if you work it again with new Spirit of Urin; and so you may make it as strong as you will.

To make Aurum potabile.

TAke one ounce of Gold, dissolve it in eight ounces of the *Aqua Regis* set down hereafter; then pour upon it a quart of common Water; and then pour upon it by little and little two or three quarts of a *Lixivium* made of common Water and Tartar, which will precipitate the Gold; Continue pouring till the Ebullition cease: then let it stand till you see all the Gold precipitated; then pour off the Water, and put on fresh. Repeat this till it be well dulcified; then philter it, and let it dry of itself without fire; then put it in a white Porringer, and pour upon it by little and little, and by divers times, two ounces of the Oil of

of Vitriol mentioned hereafter; and presently it will begin to boil, and all will become as black as Ink. Let it stand three or four days, during which time it will work continually upon the Gold, which you shall perceive by the little Ebullitions. Then pour upon it by little and little four or five gallons of common Water, which will be of a Violet colour, and will carry with it all the Gold; which put into a large Vessel, and let it stand to settle; within two days the Gold will appear like spongious Atoms; and when it is well precipitated, pour off the Water and put on fresh. Repeat this three or four times, then dry the matter gently in Sand. Then pour upon it distilled Vinegar four fingers bredth over it and digest the distilled Vinegar, it will extract all the remaining Oil of Vitriol and Tartar; then pour it off, and dry the Powder: Then put it in a Crucible, and dry it again by a moderate fire. Then put it in a *Matras*, and pour upon it eight ounces of good Spirit of Salt, digest it in hot ashes till it be tincted of a high Gold colour; then pour it off and put on fresh. Repeat this till the Spirit hath drawn out all the Tincture. Then put it into a Cucurbite, and distil it to a consistence of Honey, cohobating the distilled Spirit six or seven times, and the last time distil to driness. Then put upon the Gold eight ounces of Spirit of Saturn, digest it twenty four hours or more, and it will extract all the Tincture of the Gold. This may be used so alone, taking some drops of it in some fit Vehicle. But you may make it more efficacious in mixing it with the Tincture of Bezoar, of Coral, of Pearls, and of Ambergris, made as followeth.

Dissolve Pearls and Coral in distilled Vinegar, then evaporate away the Liquor, and put upon the

remaining matter some *Aqua vitæ* acuated with the fourth part of Spirit of Salt: Digeſt it and then pour off the tincted Liquor, which evaporate; then take the remaining extract and diſſolve it in as much of *Carduus Benedictus* water.

To make the Tincture of Bezoar.

GRind Bezoar, and put upon it pure *Aqua vitæ* impregnated with Spirit of Salt, it will be tincted of a deep red: then pour it off and put more on. Repeat this till you have drawn out all the Tincture of it, evaporate the *Menſtruum*, and diſſolve the extract in Roſe and *Carduus Benedictus* Water.

To make the Tincture of Ambergris.

TAke Ambergris, and put upon it good Spirit of Wine or Spirit of Honey; digeſt it in the heat of the Sun, or with a gentle heat in Aſhes.

To make the Aqua Regis *for this* Aurum potabile.

TAke one ounce of decrepitated, diſſolved and coagulated Salt, diſtil it with eight ounces of Spirit of Nitre.

To make the Philoſophical Oil of Vitriol for the foreſaid Aurum potabile.

TAke eight ounces of good *Jupiter*, melt in a Crucible, and whilſt it is in fuſion; put into it eight ounces of Antimony, and preſently put it into a Stone-Mortar, and grind it very ſmall. Then take one pound of good Venice Sublimate, and grind it well with the firſt Amalgame, till it turn black, and greaſie ſticking to the Peſtil. When you have reduced it to a black Liquor; put it into a white Porringer, and ſet it in a moiſt place; and the Oil will ſwim upon the Liquor: which take off gently, and put it into a Fiol, and let it ſettle.

Note, That to make this Oil well, it muſt be done in moiſt or rainy Weather, or in a Cellar.

To make an Excellent Oil of Pearl for Health, and for the Face.

TAke Pearls in Powder, and pour upon them diſtilled Vinegar; digeſt it in *Balneo*, till you ſee the Pearls be all diſſolved. Then evaporate it with gentle heat; then edulcorate the Subſtance of Pearls ſeveral times in fair Water, till the Water come from it inſipid: Then waſh the matter once or twice with Roſe-water; then pour upon it diſtilled *May*-Dew, or freſh *May*-Dew only philtered: Then diſtil it; but let it boil ſtrongly in the time of Diſtillation, and you will find in the Receiver the Water and Oil, which ſeparate.

You may alſo putrifie the macerated Pearls with Spirit of Wine in Horſe-dung nine or ten days or longer, after you have waſhed the matter: Then ſeparate the Spirit that muſt be ſeparated; then diſtil with the ſame Dew, as aforeſaid.

An Excellent Tincture of Gold.

CAlcine Gold with the three Salts boiled with it in Water, in ſuch ſort as *Zuelfer* teacheth: When the Water is evaporated away, and that you have an Aureal Salt, grind it with double its weight of Flowers of Sulphur, then put it into a Crucible, and burn it away in a reverberatory Fornace: Take out the Calx of Gold, and grind it again with new Flowers of *Sulphur*, and burn and reverberate again: Repeat this burning with Sulphur twelve times, and reverberate it well at laſt; then put a well rectified Spirit of Wine upon it, and digeſt them together and the Spirit of Wine will be tincted very yellow. Of which few drops for a Doſe in a fit Vehicle, hath wrought great effects.

An Excellent Phyſical Salt, which is very efficacious in all Fevers, either Simple or Malignant any ways, or ſpotted: In the Small-Pox or Meaſles, in all the Progreſs of them, from before their coming out till the end, and preſerveth the Heart from hot and putrid Fumes, and purifieth the Blood.

TAke Nitre, Sulphur, of each one pound, *Camphora* two ounces, mingle them well together, and caſt them by little and little into an earthen Cucurbite red hot, which ſhut cloſe immediately with a juſt ſtopper of Brick that cloſeth it firmly; the Cucurbite muſt have two arms, unto which are faſtned two Ballons of Glaſs, each conteining about two quarts of Spirit of Urin (to the quantity of Ingredients here named) which draweth unto it the Spirits which will fly up and paſs by the two arms on each ſide. When all is cold, take out the fixed matter that remains in the Cucurbite, and grind it ſmall, and diſſolve it in ſimple Spirit of Urin, and when that is filtered and congeled, diſſolve it in the acid Spirit of Urin, that was in the Ballons, and hath the Spirit of Nitre and Sulphur and Camphire in it; and diſtil and cohobate this, till the Salt have reteined in it all the Spirits that were in the Urin; which will be very grateful, and not taſt or ſmell at all of the Camphire, nor is Saturnine or Antivenereal in its effect; and of this diſſolve thirty or forty granes (at diſcretion) in about two ounces of Roſe and Plantan-water, and a pint or two of fair Water

(in fine, ſo much Salt as to make the Water grateful acid) and of this let the Patient drink three or four times a day, and when he is thirſty.

The way to make the Spirit of Urin is thus:

LEt the Urin ſtand eight or ten days, in which time it will putrifie and ferment. Then diſtil very gently; and that which cometh firſt is the Spirit. When it beginneth to come weak and inſipid, (which you will know by taſting a drop) then ceaſe, for all that is good is paſſed over. Thus you ſhall have near half your quantity of Urin in good Spirit.

The beſt way to make the Oil of Myrrh.

HAve a moderately low Cucurbite of Copper, (for Earth will imbibe the Spirits of Myrrh) in the midſt of which have a Circle of Wire faſtned to the ſides by Grampons, that may ſuſpend in the air a Glaſs like a large drinking Glaſs without a foot. To the Cucurbite have a large chap of Glaſs with a Noſe or Limbeck; and let there be in it a hole at the top, in which ſet a Glaſs-funnel with a long Pipe, which correſpondeth juſt to the ſuſpended Glaſs, and ſo like an *internus* to the helm or chap. Lute the pipe of the Funnel on the outſide faſt to the hole of the helm, ſo that nothing can expire. Likewiſe ſtop the narrow neck of the Funnel within, with an exact fit ſtick of hard Wood; and for more ſecurity, lute a double Bladder wetted, over the mouth of the Funnel, that no Spirits may expire. Put your Myrrh into the Cucurbite; fill the Glaſs with fair Water,

Water, and ſet the Cucurbite in an Iron pot full of Sand; which ſet in a Wind-Fornace. Diſtil by degrees of fire, and the ſmoke of the Water in the Glaſs will riſe and mingle with the fumes of the Myrrh, and go over together into the Receiver, and ſo preſerve the Oil of the Myrrh from *Empyreume*. You increaſe the fire, till in the end the bottom of the Iron Pot with the Sand be red hot. And as you perceive (by looking in at the Helm with a Candle) that the Water conſumeth in the Glaſs, pour in more (but [illegible]) by the Funnel at the top of the Helm, taking off the Bladder, and out the wooden Stopper; but cloſe them again preſently. By this method you will draw half an ounce of pure clear yellow Oil (when it is ſevered from the Water, from one pound of Myrrh. Cloſe faſt the Neſt of the Limbeck to the Receiver, that no Spirits may expire. When all is come over into the Receiver, you ſever the Oil from the Water with a Funnel.

A great Cordial made out of Engliſh Saffron.

TAke Saffron freſhly gathered, and picked from the Whites or other things that grow upon or about it. Shred it on a ſmooth ſtone, that you may ſave the moiſture that comes from it in the ſhredding of it. Then put four pound of it into a new glazed Pipkin or Pitcher, (put it in very ſlightly, not preſſing it down, you muſt not fill the Pitcher above half full) and then bury it deep in the ground, and put the Earth looſe and ſlightly about it; lay a cover over it upon ſticks, ſo as to lie two fingers bredth above the Pitcher, that

that the air may come in: let it ſtand ſo ſix weeks: Then take the Saffron out of the Pipkin or Pitcher, and put it into a large Retort, put a Receiver to it cloſe luted, and diſtil in *Balneo Mariæ* by degrees of fire; you will firſt have a clear Water, which keep by itſelf; as ſoon as you ſee a yellow Tincture or reddiſh Oil come, change the Receiver, putting on a new one, and that is the great Cordial; but when you ſee that none of it will riſe in *Balneo Mariæ*, take out the Glaſs, and wipe it; then ſet it in aſhes, and put a Receiver to it; if any flegm or nutry part diſtil from it there, put it to the firſt; but as ſoon as the foreſaid yellow Tincture comes, change the Receiver, and ſo continue the fire gently, as long as there comes any of this Tincture. But you muſt have a great care, that you give not ſo ſtrong fire, as to make any fumes or burning matter to riſe; after you have diſtilled a good quantity, or the moſt of your Tincture, change the Receiver, for fear of ſpilling the firſt Liquor, and then you may diſtil till it be almoſt dry, what is left; out of which you may extract the Salt of Saffron; then rectifie the yellow Tincture once or twice, and keep it in a Glaſs cloſe ſtopt.

The Doſe of it is two or three drops. It is exceeding good in all Diſeaſes wherein a Cordial can do good.

It reſtoreth and comforteth the Spirits and expelleth Poiſon.

A great Electuary.

TAke of *Sarſaparilla* two ounces, *China* Root, Root of Turbith, of each one ounce and half, *Cortex Guajaci* one ounce; Saſſafras, yellow Sanders, of each three ounces; Jallap, *Sena*, of each two ounces and half; Hermodactyles one ounce and half: Reduce all theſe to moſt ſubtil Powder, every one by itſelf, and ſearſe them through the fineſt Searſe that can be: Then mix them all together upon a large Sheet of Paper; then to four parts of this Powder, put three parts of the beſt Honey well clarified, putting firſt the Powder into a Skillet, and pouring in the Honey by degrees, ſtirring it continually till it be well incorporated; then beat it well in a large Mortar to a perfect Electuary: Then put it into Gally-Pots, ſtop them cloſe and keep them in a dry place.

Take of this one ounce or five drams, diſſolved in a little warm Poſſet-drink; or take it with a little Virgin Honey in the Bed, and ſleep after it. You may drink now and then ſome warm Poſſet drink; but eat not till two or three hours, after it hath don working.

The *Sarſaparilla* muſt be only the mealy part of it, which flies up beaten in a cloſe Mortar, on the ſides; you will hardly have two ounces out of a pound, unleſs it be mealy and large *Sarſa*: The reſt is good for Diet-drinks. The *Sena* muſt be freſh, and all the Stalks picked out, nothing but the Leaves. If the *China* Root be not perfectly good (as oftentimes it is not in *England*) take as much more of the *Sarſaparilla* in ſtead of it.

The

The excellent Succeſs of this Medicin, dependeth upon the exceeding Beating and Searſing the Ingredients into moſt ſubtil Powder, and you muſt weigh out the Proportions when they are in Powder, and not when they are in their groſs bodies. In mixing the Powders with the Honey, you uſe no Fire; and you muſt be four or five hours beating the Maſs in a Mortar, to incorporate all perfectly and uniformly.

This Electuary cureth the greateſt Pox, *Gonorrhea's*, Cankers, and all Venereal Diſeaſes, uſing this method. For a great Venereal Diſeaſe, begin with two or three Doſes of *Mercury vitæ*, intermitting one day between: but for *Gonorrhea's* begin with the Purge of *Sena* in White-wine with *Diaprunis:* The next day take a Doſe of this Electuary; the third day repeat the Purge; the fourth the Electuary; the fifth purge: then continue the Electuary for ten or twelve days, by that time the Patient will be well: If then it needs, give an injection of Limewater with *Mel roſat.* and *Mercury dulcis:* Purge alſo then again with *Sena*, and take again the Electuary five or ſix days more. This Electuary is alſo excellent to be uſed Spring and Fall, though there be no Venereal Diſeaſe or Inconveniences, but only to carry away viſcous tough Humors, and it preſerveth the Body in health and clean: And if one have any Ulcer in the Legs, or Aches or Rheumatiſm in any part of the Body, it will cure them, if it be continued for a while.

A great Confortative.

TAke Cochenele in Powder six ounces. Put it in a broad Glass, and pour Spirit of Wine upon it four fingers bredth above it; shake it very often every day during six or eight days, the Vessel close stopped: Then pour it off, and put on new Spirit of Wine, and do as before. Repeat this till you have extracted all the Tincture, then put the Extractions together, and evaporate it till it be thickish. To this quantity, take *Diasatyrion Nicolai majus gratum* one pound, of Magistery of Coral made by solution of distilled Vinegar, and precipitated with Oil of *Tartar*, in fine Powder, of Magistery of Pearl, made the same way, of each half an ounce, of Syrup of Sassafras four ounces, of Lime-water philtered and evaporated the quantity of a Pottle to a thickish substance; of Confection Alkerms half an ounce, Ambergris one ounce. Take of this a quarter of an ounce morning and night; but eat nothing between meals, and drink but little Wine at meals.

A Restorative and Cordial of Dates, which is much celebrated.

DAtes are a great Cordial and Comforter of Nature in all kinds, and Restorative in Consumptions and to old men; but they are hard of digestion. And this Inconvenience is taken away, and their good qualities lightened by preserving them with Sugar, in such sort as they may become very tender and digestible. Do thus then; first

pare

pare off the rough hard outward skin; and likewise pick away all their inner hard filmy white thick skin that is next to the stone; and cut into quarters the pulpy middle fleshy substance. Boil this tender and preserve it in the best manner with Sugar, so as you may lose none of the substantial part that boileth out of them. Eat of these the quantity of three or four Dates in a morning after your first sleep, and sleep an hour or two upon it before you rise.

Then if you will add a further Restorer of Spirits, do this as soon as you rise out of your bed.

Take four ounces of the purest best spiritful Canary Sack or Greek Muscadine, and sop in it a Tost of light pure Bread, till it be throughly drunken with the Wine; and so large a one that it have drunk up the better part of the Wine: Then lay the Tost upon a Plate, and strew it over on both sides with a little fine Sugar, but a large proportion of scraped Nutmeg (which is a great friend to the Kidneys and Bladder and Head, and smoothneth much, and gives Spirits) then eat your Tost and Sugar and Nutmeg; and drink upon it the remainder of the Wine, and do some moderate exercise after it, besides making you ready. Repeat the same at night instead of a Supper.

Cordial and Pleasant Tablets.

TAke three ounces of pure refined Sugar; boil it up with Orange-flower water, into a consistence for *Manus Christi*; when it is at the due height, put into it two drams (or three) of pure

pure Confection of Alkermes, and drop into it two drops of the Quinteſſence of *Cedri*. Stir it well together, and drop it into Tablets. They are very pleaſant and very Cordial.

If you will not uſe fire, you may make Tablets or Paſtils of the ſame Ingredients, with Gum Tragacanth diſſolved in Orange-flower water. You may add a little Ambergris and a little Musk, if you pleaſe.

A great Venereal.

TAke *Opii Thebaici colati* with Spirit of Wine, one part; Ambergris three parts: Grind them very well together with Syrup of Flowers of Sage, till they come into the conſiſtence of an Opiate: of which give four or five or ſix granes in ſome fit Liquor for a Vehicle, at going to bed.

The preparing of the *Opium* is thus.

Diſſolve it in Spirit of Wine, then percolate it through ſome fit Cloth that it may leave the Dregs behind: Then diſtil away the Spirit of Wine till the *Opium* become of a due conſiſtence.

Another great Venereal.

TAke *Conſol. Flor. Anthos, Boragin. Caryophyll.* of each half an ounce, *Elect. Diaſatyr.* one ounce, *Ering. Condit.* ſix drams, *Theriac. Vet.* two drams, *Sem. Erucæ, urticæ*, of each half a dram, *Spec. Diamoſch. dulcis* two ſcruples, *Syrup. Stœchad. ſ.q.ſ. Elect.*

After taking as much as a Nutmeg of this Electuary (morning and night, or when you will) drink a little of the following Decoction:

Take

Take *Fol. Salviæ, Origani, Roſmarini, Calaminth. urticæ,* of each one handful, *Chamædr. Chamæpit. Stœchad.* of each half a handful, *Sem. Erucæ, urticæ, Fœnic.* of each three drams, *Rad. Pyrethri* half an ounce. Boil all theſe in a quart of Fountain-Water; then add a pint of *Malaga* Sack to it.

You may anoint the *Perinæum*, and that Region, with the following Ointment.

Take *unguent. Martiat.* two ounces, *Oleum Succini* two ſcruples, *Oleum Euphorb.* two drams, *Moſchi* three granes, *Ambergriſæ Miſce f. unguent.*

An Excellent Plaſter to put upon the Stomach.

TAke Storax in powder, and Aloes alſo in fine powder, of each one ounce. Boil theſe together with half a pint of Roſe-water till the Roſe-water be conſumed, then let it cool. Then take as much of very good Honey as will make it to a Paſt; which ſpread upon Leather, and put it upon the Stomach. It will ſtrengthen the Stomach extremely, and will free it from all Corruption and Flegms, and will give it a natural heat not ſuperfluous.

It hath ſaved the life of many, even thoſe that already had loſt their ſpeech. This Paſt is very odoriferous and incorruptible, it will laſt for ever.

An Excellent Ointment for the Stomach, or for any Pain about the Heart.

TAke wild Thyme, red Mint, Wormwood, Hyſſop, Balm, of each one handful, of red-Roſe Leaves two handfuls, of Bayberries beaten, Ginger groſly beaten, of each one ounce, Mace half an ounce; chop the Herbs, and mix them with the Spices. Then put all together into a large Gally-Pot, and pour upon them a quart of the beſt Sallet Oil; then cloſe the Pot well with Paſte, and ſet the pot into a Skillet of Water; then let it boil the ſpace of five hours: Then take it off and ſtrain without preſſing or ſqueezing the Herbs too hard. Then put it into a Diſh, and put into it of Eſſence of Orange-flowers two ounces, Oil of Cinamon half a quarter of an ounce, Oil of Cloves a quarter of an ounce, Ambergris ten granes, of the fineſt yellow Wax thin ſliced: then ſet it over a Chafing-diſh of Coals, ſtir them well to make them well incorporate together. Then put it into Gally-Pots, and keep it for uſe.

An approved Remedy for a Sprain in the Back, or any Weakneſs.

TAke a quarter of a pint of good Muſcadine, a ſpoonful of Mader, incorporate them well together; then give it the Patient to drink for three mornings together; and if need requireth, you may uſe it often in a day. This will ſtrengthen the Back exceedingly.

A moſt precious Diet-drink for any weak and conſumed Body with Sickneſs, Pox or any Aches or cold Humors.

TAke White-wine, old ſtrong Beer, of each ſeven gallons, *Sena* one pound, *Cortex Guaiaci* two pound, Licorice one pound, *Coloquintida* one dram, *Sarſaparilla* one pound. Put all theſe together into a deep large Pot, ſtop and lute it cloſe: Then ſet it in a great Kettle full of water, and ſo let it boil highly the ſpace of four hours; then ſtrain it, and when it is almoſt cold, put into it one ounce of the beſt and ſtrongeſt Mithridate.

Drink of this twelve times in a day, about three ounces at a time; continue it for twenty or twenty four days together (almoſt twenty will do it) but you muſt neither eat nor drink any thing elſe during that time; and after three or four days the Patient will have no mind at all to eat. And in twenty four days he ſhall be cured and reſtored to health, and to good bloud, and ſhall be luſty and fat, and all diſeaſes will vaniſh.

The Author ſaid, that if the Patient were preſſing to eat ſomething of nouriſhment and ſolidity, he allowed him ſome Partridge, with Bisket or well baked fine Bread; but no other Suſtenance at all: The Drink itſelf giving ſufficient in this caſe, I conceive that Raiſins and Bisket were not amiſs.

An Excellent Remedy to procure Conception.

TAke of Syrup of Motherwort, of Syrup of Mugwort, of each half an ounce, of Spirit of Clary, two drams, of the Root of *Engliſh* Snakeweed in fine powder one dram, Purſlain-ſeed, Nettle-ſeed, Rocket-ſeed, all in ſubtil Powder, of each two drams. Candied Nutmegs, Eringo-Roots, Satyrion-Roots preſerved, Dates, Piſtaches, Conſerve of Succory, of each three drams; Cinamon, Saffron in fine powder, of each a ſcruple; Conſerve of Vervein, Pine-apple Kernels picked and pilled, of each two drams. Stamp and work all theſe Ingredients in a Mortar to an Electuary: Then put it up into Gally-Pots, and keep it for uſe.

Take of this Electuary the quantity of a good Nutmeg in a little Glaſs-full of White-wine, in the morning faſting, and at four of the clock in the afternoon, and as much at night going to bed; but be ſure not to do any violent exerciſe.

An Excellent Bolus *for the Stomach and Liver.*

TAke green Ginger and Conſerve of Roman Wormwood, of each one part; Conſerve of Wood-Sorrel two or three or four parts (more or leſs, as you conceive your Liver ſhall require) beat them together into a Pulp. You may make the Conſerves by beating the Herbs raw with two or three parts of fine Sugar.

A Cordial Drink for weakneſs of the Stomach and want of Digeſtion.

TAke three pints of Claret-wine, half a pint of Mint-water; of Cinamon, Nutmeg, of each one dram and half, of fine Sugar four ounces. Put all theſe into an earthen Pot, and let it ſtand cloſe covered over a gentle fire to digeſt twenty four hours; but let it not boil: Then take it off, and ſtrain it through a Hypocras Bag. Take of this three or four ounces at a time.

For Trembling of the Heart or a weak Stomach.

TAke *Lignum Aloes* and Ambergris, and mingle them with the beſt yellow Wax melted: Make a thin Cake of it, and apply it to the Heart and Stomach.

Ladanum Opiatum.

TAke *Opium Theb.* cut very ſmall, three ounces, Salt of Tartar, Cryſtal of Tartar, of each one dram. Mix all theſe well together in a Mortar; then put them in a Glaſs body, and pour upon them a pint of diſtilled Vinegar, and an ounce of Spirit of Salt. Digeſt them till there riſe no more ſcum upon it; then boil it to the conſiſtence of an Electuary: Then pour upon it a quart of fair water, and boil it again till all the *Opium* be diſſolved; Then philter it and boil the feces again with water till all be diſſolved. Then philter it, and put all together; which boil to an Electuary with one ounce of the juice of Licorice. Then add to it of the Tincture of Juniper-berries, and Powder of Saffron of each two ounces, *Caſtor* one dram; boil it again with a gentle

gentle fire to a due consistence; then work it well in a Mortar with Oyl of Anniseeds, Oyl of Nutmeg, Oyl of Cloves, of each one scruple. Then put it up close.

The Dose is from three grains to eight.

An excellent Panchimagogue that Purgeth all Humours.

TAke of black Ellebore four ounces, Coloquint, Aloes, of each two ounces, Saffron one ounce: Extract the Ellebore and Coloquint with Cicory-water acuated with Salt of *Tartar:* Then extract the Aloes by it self with the same *Menstruum* without *Tartar*, and the Saffron with good Spirit of Wine. Then mix all your Extractions together, and evaporate it to a consistence of Honey; then add to it four ounces of Reisin of Scammony, two ounces of Reisin of Jollop, and one ounce of *Mercury* sublimate *dulcis* in most subtil powder; stir it well together to make it incorporate, leaving it upon the sand fire till it be a past for Pills.

The Dose is from twelve to eighteen grains.

An excellent Laxative Tisanne to take, when one hath a need.

TAke a good handful of Pimpernel; of *Sena*, of green Annise, of Licorice, of Salt Prunelle, of each half an ounce, of Rhubarb one ounce, two penniworth of stick Cinnamon, the juyce of two Limons.

Take of this Tisanne a good Glass full in the morning, another a little before dinner; and (if it needed) a third in the afternoon.

Bezoardicum Theriacale.

TAke a Viper, which hath been newly caught, and hold her fast by the neck with your thumb and the next finger, so that she cannot stir or wag at all, and with a Pen-knife cut her throat open, so that you may be able to tear out her tongue, which you lay by. Loosen also the skin round about the neck, joyning the head, and skin it all; afterwards cut the body an inch above the Navil, and throw away the tail. Then take out all the entrails, putting the grease by it self, and the heart and liver likewise; and cut the body or bulk upwards joyning the head, and cast away the rest. Prepare a great many Vipers after this fashion. After this, put the bulks of the bodies upon some Plate apart, and the hearts and livers by themselves upon another likewise; and the tongue upon another, without washing them at all; and put them to be dried gently in a furnace that is but a little warm. All this must be observed in the beginning; afterwards a little more heat is required, that so the humidity may be the sooner dried up, which otherwise might be the cause of their being spoiled. But after this first time, which may be perhaps a night; one needs not but to keep them in a dry place with so little a heat, that they may fully be dried, and hardned, to be fit for to be pounded; which will be done within eight or ten days. When they are fully dry, put all the parts to pounding, dropping upon them now and then a drop of *Opobalsamum*, or white oriental Balsam, or for want of the same, of the *Peruvian* Balsom; and sometimes a drop of a compounded Balsom. But all this with so much discretion and heed, that the Balsoms may dry immediately, and

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be ſucked in by the powder, that is, a pounding, without diſcerning of any liquor; for this would make it come to be a paſte, and will not afterwards be fit for to be pounded: But putting in the Balſom by little and little at a time, the heat of moving the Peſtil dries it, makes it to be imbibed, and the ſuperfluous humidity to evaporate.

Mark this, That there muſt be far leſs uſed of the natural Balſom, than of the compounded; becauſe the greateſt part of the humidity of this, doth evaporate through the heat of the pounding; whereas on the other ſide, the other Balſom, being viſcous remaineth: For example; To one pound of the ſubſtance of Vipers, one ounce, (or at the moſt, two ounces) of the natural Balſom may ſuffice: But of the other you may make to enter as much as you can; as for example, if you could ſpend a whole pound, it would be the better for it, provided the powder do not grow wet by it, nor like a paſte. It muſt be now and then ſifted what will paſs through a hair cloth; but what will not, muſt be pounded again, dropping upon it from time to time of your Balſoms. And if ſo be there be any likelihood of any quantity of the powder, let it run again through the Sieve, what will go through, and pound again the reſt with the Balſoms; doing this ſo long till all be paſſed through.

The Author told me, that all will not paſs, but that at the end there will remain a white powder, which cannot be pounded any more, which are the bones; and he throweth it away as uſeleſs: beſides that there is but little of it, and your powder is prepared.

The Balſam Compounded is made thus.

Take of Myrrhe, *Ligni Aloes*, yellow Sanders, of each one ounce. *Specier. Aromat. Roſat.* two drams. Draw the tincture of theſe things with good Spirit of Wine tartarized. Myrrhe is drawn by it ſelf in a Veſſel, the reſt, that is, the other three things being mixed together in another Veſſel. When the Spirit of wine is well tinged, pour it off, and pour other Spirit upon it, till it be no more coloured; then take an ounce of the tincture of Myrre; and an ounce of the tincture of the other three ingredients, and one ounce of excellent water of Odoriferous or Damask Roſes; mix theſe three ounces together, and this mixture will be like a Balſom and of a grey colour. And this is the compounded Balſom.

The beſt Roſe-water is made thus.

LEt your pale Roſes putrifie, and when they have fermented enough, diſtil your Roſe-water; which you are to put upon new or freſh fermented Roſes, and diſtil as before: The water that cometh firſt is the beſt. He ſets it afterwards into the Sun.

Of this Bezoardique Theriacal powder you are to give four or five grains for a doſe in ſome Broth or Wine, either to be freed of a Diſeaſe, that hath left great weakneſs behind it, or elſe for a preſervative againſt the Infection of the whole nature, or bad air, and to keep ones ſelf in good health, by continuing the ſame for ſome days. The Author doth command a continual uſe of this powder, for the keeping of one in good health. It is alſo excellent good for the

the ſmall Pox. But as for the intermittent Fevers, (even in Quartains, but not ſo certain as in others) the doſe is half a dram, immediately before the fit; but in thoſe that are *continuæ*, it is given on the Critical day. And if ſo be, the Fever doth not go away after twice or thrice taking, then let the Patient take a Purge convenient, immediately after the fit is over.

The Purge which the Author makes uſe of in Fevers, is this following.

TAke *Antimonii Diaphoretici*, (that is in the Ceruſs of Antimony) *Diagridium* prepared according to *Cornachinus*, & *Tartar. Vitriolat.* of each 8 or 10 grains, mix them.

It is alſo neceſſary to prepare the body by Purge before one begin to take of this Powder.

But to make a moſt rich Cordial proceed thus.

TAke Conſerve of red Roſes, Conſerve of flowers of Oranges, of each one ounce, of the *Confect. de Hyacinth.* and of the above mentioned Bezoardique Theriacal Powder, of each two drams, Confection of Alkermes one dram, of Powder of Gold one ſcruple. Mix all theſe well together in the form of an Opiate; and if the compoſition be too dry, add to it ſome Syrup of red Corans, as much as is needful. Take of this Compoſition every morning the quantity of a Nut.

The beſt faſhion to make Conſerve of Roſes is this following.

TAke the Leaves of Roſes, being very well cleanſed of the white at the ends of them. Put them into a Cucurbite well ſtopped; place it in *Balneo Mariæ*, and keep it boiling for an hour or two, till the flowers be perfectly mortified; then take them out and pound them, and add to them double the quantity of very fine Loaf-Sugar, and pound them well togther: then put it up in pots to keep.

The Heads, Skins, and Greaſe of the Vipers, which you have ſeparated for to make your Bezoardick powder, are kept, becauſe they are endowed with ſundry virtues. Dry gently the Heads and Skins, and keep them by themſelves. Melt the Greaſe, and keep it as an Oyl. The head being worn near to ones throat, is excellent againſt the Quinſie and other Diſeaſes of the Throat. The Skin laid upon the Kidneys of a Woman being in Travel, will promote her deliverance. And if the After-birth doth not come away after the Child, put the Skin upon the Thigh of the Woman, and it will come away within a ſhort time after.

The fat is moſt excellent for the anointing of a red face.

The skin being dried and cut ſmall, and mixed with Oats, and given to a Horſe that hath the Farcy, cureth the Horſe, if it be continued for a while.

The Bezoardique Powder cureth the Pox, being taken for fifteen or twenty days.

(The Author told me ſince, eight or ten days) in ſome good Vehicle, (as Wine;) having firſt of all prepared the body by taking of a due Purge. It will

will make one ſweat mightily, if one putteth himſelf upon it, which ought to be done.

The Author doth Tartariſe his Spirit of Wine thus.

PUt ſome pure Salt of *Tartar* into your Spirit of Wine, and let it ſtand till the ſeparation be well made; then pour off the Spirit of Wine, and leave the flegmatick ſolution of *Tartar*; from which evaporate the water to drineſs. Then put your purified Salt of *Tartar* again into the Spirit of Wine, and do as before: Repeat this till the Salt of *Tartar* diſſolve no more in the Spirit of Wine, nor no part of it.

A Tincture of Coral.

TAke Honey, and deflegm it in an open Veſſel upon the fire, till it be as thick as Pitch; then mingle one part of that with two parts of Sand, and diſtil it in a Glaſs body, in Sand fire as long as it cometh clear, and till the Oyl be ready to come. Then put off this diſtilled water upon Coral, and in twenty four hours you will ſee the Spirit of Honey tincted of a deep yellow colour: then pour off that, and put on more of the Spirit of Honey, and digeſt as before. Repeat this till it tinge no more. Then philter the extracts, and diſtil the liquor away, that the tincture remain dry, upon which pour good Spirit of Wine, and digeſt, and it will be tincted deep red; pour it off, and put on freſh Spirit of Wine, and do as before: Repeat this till you have extracted all the tincture. Then philter the extracts, and diſtil away the Spirit of Wine; then put new Spirit of Wine upon the remaining matter;

ter; repeating this till you have the pure tincture, and that the ſolution ſet off no more fæces.

This will be as red as the deepeſt red Wine, and tranſparent.

The doſe of it is twenty or thirty drops in a fit Vehicle.

It worketh all the good effects that are ſaid of a perfect tincture of Coral, and particularly it hath done wonderful effects in all the Diſeaſes of the Matrix.

A Cordial to Reſt, and for Surfeit.

TAke Diaſcordium one dram, Confection Alchermes one dram and half, Syrup of Clove-gilly-flowers, a good ſpoonful. Mix theſe very well with about two ounces and half of Dragon-water, or red Poppy-water, or in *Carduus*-water, as the Diſeaſes require.

It is excellent to cauſe reſt and ſleep in a Fever, or when one is oppreſſed with pain; as alſo in a Surfeit, and an excellent Cordial.

I conceive you may increaſe the Doſe a good deal to large bodies.

An excellent Poppy-water for Surfeits.

TAke two large mouthed Glaſſes of ſome ſix quarts apiece, and put into each of them five quarts of the beſt double ſtilled Anniſeed water: then thruſt in as many red Poppy leaves as will fill them top-full, and let them infuſe twenty hours; then ſtrain them out, and put in freſh, and let them infuſe as long; then ſtrain them again, and put in others, and let them infuſe ſix or ſeven days: which ſtrain well from the liquor, and then ſtrain the liquor from the

the dregs. Then put into each Glaſs ſix ounces of ſtoned Raiſins of the Sun, and a pound of ſtoned Cherries, and half a pound of refined Sugar; then tie up your Glaſſes very cloſe.

Another excellent Stomachical Surfeit-water.

TAke Mint, and *Carduus Benedictus*, of each four parts, Angelica one part, Wormwood two parts; chop and bruiſe them a little; put a ſufficient quantity of them into an ordinary Still, and put upon them enough new Milk to ſoak them; but not to have the Milk ſwim much over them. Diſtil this as you do Roſe-water; ſtirring it ſometimes with a ſtick to keep the Milk from growing to a Cake.

I judge the beſt way of making Poppy-water to be thus: Macerate Poppy-buds, with Caraway-ſeeds, Anniſeeds, *&c.* in Sack, and diſtil a good Spirit from this, in which infuſe freſh Poppy-buds, and proceed as in the ordinary Receipt. Or you may ſweeten your tincted Spirit, or Poppy-water, inſtead of Sugar, with the Syrup of Poppy made by putting Poppy leaves and Sugar, into a flagon, and ſet that (cloſe luted in the Joynture) in a kettle of boiling water, *&c.* which is the way of making Syrups of Flowers.

A Cooling Stomachical Mint-water.

TAke two parts of Mint, one part of Wormwood, and two parts of *Carduus*; put theſe into as much new Milk as will ſoak them: let them infuſe five or ſix hours; then diſtil as you diſtil Roſe-water: but you muſt often take off the head, and ſtir the matter well with a ſtick. Drink of this water a Wine Glaſs full at a time, ſweetned with fine Sugar to your taſt.

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An excellent Cordial Water.

TAke Angelica, *Carduus Benedictus*, *Pauls*-Betony, Juniper-berries, of each one handful, of Wormwood two handfuls. Mix them, and put them into a wide mouthed Bottle; and pour upon them as much Spirit of Wine as will cover them an inch over them; ſtop the Bottle cloſe, and digeſt it ſo fourteen days; then pour off the Spirit, and keep it for your uſe.

The Doſe is ten or twelve drops (or more, if there be occaſion) in a Glaſs of White wine.

It is good in all diſtempers of the Stomach, againſt Worms, and all gripings; and admirable againſt all Infections. It cannot be given amiſs.

Another great Cordial Water.

TAke Sage, Celendine, Roſemary, Rue, Wormwood, Mugwort, Pimpernel, Dragons, Scabious, Agrimony, Balm, *Roſa Solis*, *Scordium*, *Carduus Benedictus*, Centory, Betony, St. Johns-wort, Marigold, of each one handful; Roots of Gentian, Angelica, Tormentil, Zedoaria, Petaſites, Peony, Licorice, of each three quarters of an ounce. Waſh the Herbs well, and ſhake them in a dry Cloth; then ſhred them ſmall: the Roots are to be ſcraped and ſliced. Then mix all theſe well together, and put them into an earthen Pot, and pour upon them three or four Gallons of very good white Wine. Let this ſtand well ſtopped three or four days, ſtirring them once or twice a day. Then diſtil this with an ordinary Still with a gentle fire, keeping the cover of the Still cool with a wet Cloth upon it, often wringing and renewing it with freſh water: Let your Still be

be well luted with Rye-flower, whites of Eggs and Vinegar. You may have ended your Diſtillation in two days and a night ; and of this quantity you may have four or five quarts of water, which divide into two or three ſeveral Glaſſes ; the weakeſt is chiefly for Children. You may uſe this water in all occaſions where Cordial Water is required ; and particularly for Surfeits ; and to ſtrengthen the Stomach, and comfort weak perſons.

Water of Rue for the Head and Brain.

WHen Rue is in its prime and vigour, pick the leaves, and put them into a Glaſs body with a head, and diſtil off the water in *Balneo Mariæ*, which put upon freſh Rue, and diſtil again as before. Repeat this diſtillation three or four times. Then take all the water, and diſtil it again by it ſelf, taking only two third parts of it, and leaving one third part in the body undiſtilled. Then put again the two thirds already diſtilled into the body, and diſtil it again by it ſelf, taking only one half of it, and leaving the reſt undiſtilled in the body.

This laſt water is moſt pure, excellent, ſpiritful, and well taſted, and full of virtue. Drink of this a Wine Glaſs full in the morning faſting, and at night.

It is excellent for the Head and Brain preſerving againſt Apoplexies, and Paralyſis, and the like ; and for that end, eat often in the morning faſting ſome Conſerve of Rue, as much as a Walnut, made by beating very well two or three parts of fine Sugar with one of Rue.

An excellent Cordial or Palsie Water.

TAke Lavender flowers, Borage flowers, Buglos flowers, flowers of *Lil. Convall.* every one gathered in their season. Pour upon them good *Aqua-vitæ*, and let them digest six weeks close stopped in a warm place; then distil it off. Put this distilled Spirit into a large Glass, and infuse in it flowers of Sage, flowers of Rosemary, and flowers of Betony, of each one handful. Then take Balm, Motherwort, Spikenard, Bay-leaves, all cut or chopped; Limon Pills, Peony seeds hulled, of each six ounces; Cardomum, Cubebs, Cinamon, Nutmegs, Mace, yellow Sanders in Powder, of each half an ounce: *Lignum Aloes* one dram: Pour upon these good *Aqua vitæ*, and let them digest also six weeks. Then put this to your first Ingredients, and distil it off to driness. Then take of fine dissolved Pearls two drams, prepared Smaragd-stone one scruple, Ambergris, Musk, Saffron, of each half a scruple; red Rose-leaves dried, yellow and red Sanders, of each one ounce: Mix them well together, and put them into a Sarsenet bag, hang it in the distilled water, and keep it close stopped.

This Water is of exceeding virtue in all Swooning of the Head, and weakness of the Heart, decaying of the Spirits; also in all pains and numness of Joynts coming of cold. In all bruises outwardly, bathing them with it. It strengthneth and comforteth all Animal, Vital and Natural Spirits, and cheareth the external Senses. It strengtheneth the Memory, restoreth lost Appetite; it is exceeding good for weakness of the Stomach. It is also good for Deafness. The Dose is a quarter of a spoonful, in the morning and at night.

A moſt excellent Balſom for the Palſie, and Apoplexy, &c.

TAke of Imperatory one pound, Sarſaparilla, Caſtoreum, of each half an ounce, Bruiſe them a little; then take Lavender-flowers, Roſemary-flowers, Sage-flowers; put all theſe together into an earthen Pitcher, and pour upon them good *Aquavitæ*; ſtop it cloſe, and let it digeſt in a warm place four days, ſhaking it five or ſix times a day; then put it in a Cellar to cool. Then put into it nine ounces of Camphire, diſſolved in half a pint of Spirit of Wine, mix them well together; then ſtrain it three times through an Hypocras Bag, and keep it in a cool place cloſe ſtopped.

For the Palſie, rub the Mould of the Head and Nape of the Neck with this.

It is alſo excellent for all Contraction of the Sinews, or debility of the Nerves, rubbing and chafing it well in.

It is alſo good for the Gout or any Crick or Aches; as alſo for the Head-ach, rubbing the Temples with it.

An often approved Remedy for the Dead Palſie.

TAke white Onions, ſhred them ſmall, and put them into an earthen pot or diſh; cover them but ſlightly, and ſet it in an Oven, ſtirring the Onions ſometimes. Let them bake till they are become pappy; Make a thick Cataplaſm of this and lay it upon the benummed part. Change it every twenty four hours, and continue it till you are well. If it be an univerſal Paralyſie, you muſt uſe your Cataplaſm all over.

The best way to make the Spirit and Oyl of Clary, Mint, Rosemary, Roses, &c.

DIstil a pure water of Mint, or flowers of Clary, or Rosemary; in a pint thereof dissolve as much pure refined Sugar, as to your taste will seem to sweeten the whole composition when put together; put to this one fourth part of a pint of pure Spirit of Wine, and half as much Rose-water, and some drops of Spirit of Ambergris, with an eighth part of Musk, or lay in it a little bag of Amber and Musk.

The proportion of the Spirit of Wine, Amber, Sugar, and Rose water, are to be varied to your taste.

Distil the water thus: Fill large Glass Cucurbites a third part with Mint, or Clary flowers, or Rosemary flowers, and in *Balneo* with moderate heat (not boiling) distil off the water till you leave the Herb almost dry, but not quite dry; for if you distil off all that will come, you will have a great bitterness at the last; therefore taste the drops towards the latter end, and when you feel them come bitter, cease. Put this water upon as many new Flowers or Herbs, as it was distilled from, and distil as before to near driness. Repeat this four or five times, pouring upon fresh Flowers or Herbs all that is come over; for this repeating of Distillation (of the same water) actuateth and enliveneth the Spirit exceedingly. When you have water enough, put the water alone in the large Cucurbite, and distil gently till there remain in the Cucurbite about one third part of the water; which throw away. Then take the two third parts that are distilled over, and distil them again as before, leaving one third part of them in the Cucurbite, which also throw away;

and

and that which is now come over, is pure and perfect without any bitterneſs, and is very pleaſant, and to be uſed as is taught above. If any Oyl ſwim upon the water, either before the latter Rectifications or after, ſeparate it, and keep it for other uſe.

The Emperour Charles's *Cephalick Capital VVater, of great Vertues.*

TAke Lilly Convalleys three pound, Lavender flowers one pound, Roſemary flowers half a pound, red Roſe buds three pound, Marjoram five handfuls, Rue four handfuls, Betony ſix handfuls, Sage three handfuls. Becauſe you cannot get all theſe herbs at one time, gather them as they come in ſeaſon; and as you get them one after another, put them to infuſe into four quarts of Brandy; let them remain there (cloſe ſtopped) till you have all the reſt. Then take Cinnamon one pound, Cubebs four ounces, *Paradis Cornes* five ounces, Caraway-ſeeds, Mace, Cloves, Amber, of each three ounces, Nutmeg four ounces, Ambergris half an ounce: Bruiſe all theſe, and then put them to the firſt Ingredients, and pour upon them all, eighteen quarts of Rheniſh Wine, ſtop it cloſe, and let it infuſe three or four days more; then diſtil it off to near drineſs: taking the ſtrongeſt Spirit by it ſelf; the reſt is good for ordinary drinking.

This Spirit is excellent for Dizzineſs and Swimming in the Head, and for the Head-ach. It ſtrengtheneth the Memory, and the Eye-ſight, *&c.*

The Great Duke of Florence *his excellent Cœlestial or Imperial Water of great Virtues.*

TAke of the white and Gummish Thubit two ounces, Mastick, Nutmegs, Cinamon, Cubebs, of each half an ounce, yellow Sanders two ounces: Bruise all these, and then put them together into a Glass-body, and put into them two ounces of Venice Turpentine, and two pound of white Honey: Then pour upon them four pound of good Spirit of Wine; stop the Vessel very close, and digest it two days, Then distil it off in *Balneo*, till it begin to come whitish; then take the Vessel out of the *Balneo*, and set it in Sand, changing the Receiver, and distil by degrees, and you will have a whitish water; unto which add half a pound of newly drawn Spikenard, Salt of Pearls, Salt of Coral, of each half an ounce, and one ounce of Crystal of *Tartar*; stop it close and keep it for your use. Then increase the fire, and distil to driness, and you will have a reddish Oleaginous water; which keep also by it self.

The first clear water is excellent for the Cholick Nephritick, and for any pains of the Stomach. It is also very good for Surfeits, and excellent for Obstructions of the Spleen or Liver. It purifieth the Blood. It is a sure remedy for the Fits of the Mother; as also for the Convulsion and Falling-fits.

It comforteth the Brain, and strengtheneth the Memory. The Dose is half a spoonful, mixt with as much Fountain water.

The second whitish water is an excellent Remedy for the Stone and Gravel. It is also very good for Sores and Wounds, It will cure the *Noli me tangere*; and if you mix some of the first Water with it, it will be the more efficacious.

The

The third reddiſh Water is an Infallible cure of the Hemorrhoides and Piles.

It is alſo excellent for the Gangreen and Wounds.

An excellent Cordial VVater for Dizzineſs and Swimming in the Head.

TAke four pound of black Cherries, bruiſe the ſtones of them, and then put them with the Cherries into a Glaſs body, and put into them a good handful of Balm, and a handful of Roſemary tops, Cinamon, Nutmegs, of each half an ounce; then pour upon them all two quarts of Sack, ſtop it cloſe and let it digeſt twenty four hours. Then diſtil it off in *Balneo*; diſtil ſo much of it, that it be weak like weak *Aqua Mirabilis*. Sweeten it with white Sugar-candy to your taſte, and drink a little wine glaſsful of it in the morning faſting, and at night going to bed.

This cured a Lady of a great Dizzineſs and Swimming in her Head; and many others have found the like effect of it.

An excellent VVater for Surfeits and for the Ague.

TAke three Gallons of *Aqua-vitæ*, put into it half a buſhel of red Poppy flowers, let them infuſe twenty four hours in a Glaſs cloſe ſtopped; then ſtrain it well, and put the clear liquor into the Glaſs again; into which put half a pound of Figs, and as much Raiſins of the Sun ſtoned, and three ounces of Anniſeeds beaten, all tied up in a bag; ſet this in the Sun for ten or twelve days. In two or three ſpoonfuls of this water diſſolve well the quantity of a Haſle-nut of *London*-Treacle, and give it

the Patient an hour before his fit of the Ague, and let him do what moderate exercise he can, and fast four or five hours after it.

An Excellent Julip of Limons for Calentures or Fevers.

TAke the thin rind pared from Limons, then squeeze out all the juyce. Let this settle twenty four hours; then pour off the clear and filter it, which put into Glass bodies to digest in exceeding gentle warmth of *Balneo* for ten or twelve days; and more fæces will settle: Pour the clear from the fæces and filter it; then digest again. Repeat this so often till no more fæces settle. In the mean time calcine the thin yellow Pills, and with flegm of Wine (in want thereof with distilled Rain water) extract the Salt, which put to the purified juyce. Digest these a while in *Balneo*; then sever it into Glasses, containing one ounce, which is a dose for an ordinary Person. Give it in the hot burning of a Calenture; two doses will cure. It is best to take it pure thus; but if the taste displease, you may put a little Sugar to it. This is much better than Syrup made by boiling, which evaporateth much of that which is best in the juyce of Limons. This will keep well four or five years.

An excellent Orange VVater or Spirit.

PUt the thin parings or chips of the rind of two hundred Oranges into a Cucurbite, so large that they fill it not above a third part full. Pour upon them six quarts of good *Aqua vitæ*, let them digest with a Blind-head close stopped during three or four days; then change that head for one with a

Lim-

Limbeck, and distil in *Balneo*. Keep the first two quarts by themselves; for they will be excellent good. Then change your Receiver, and the Oyl will come over with the rest of the liquor; towards the last it will be too weak, both of the Orange and of the Spirit of Wine. Mingle one quart of excellent Syrup of Clove-gilly-flowers, with the two first quarts; and it will be an excellent Cordial-water. You may Aromatise it with Ambergris; and then it will be much better to those that love Amber.

To make Spirits of Herbs, &c.

TAke four ounces of dried leaves of Mint, or tops of Clary and flowers, or any other such Herbs, and put upon them a pottle of the best *Aqua vitæ* that cometh from *France*. Digest them a while together; and then distil it off, and you shall have a quart of singular good Spirit: the rest will be weak. In the same manner you may do with other Herbs or Citron Pills dried. Of Caraway seeds you must take but two ounces to a pottle of *Aqua vitæ*, more will be bitter and unpleasant. Sweeten this with the Syrup of Sugar that you have from the Sugar-bakers. It is a Syrup that runs down from Sugar-loaves as they stand to dry. This will never congeal; and will keep above a year without sowring. There is of two sorts; the first which is of ordinary Sugar; the second, which is of the finest, or double refined: this I used. Less then a pint will serve for a pottle of Spirit. It is pure, clear and white, like Rock-water: put it into the Spirit, and wake them together. If you will Aromatise it with Amber, put half an ounce of Spirit of Amber to this proportion. Make the Spirit of Amber thus: Digest one ounce of Ambergris and one dram of Musk in a pottle of good

Spirit of Wine, till all be diſſolved that will be. Uſe this. I conceive it will be much ſtronger of the Amber, if you diſtil and cohobate the Spirit ſeveral times from the Amber; but then have a care of keeping the Junctures cloſe ſhut that no Spirits expire, and do it in *Balneo*.

A Cordial Water of Wall-nuts.

Monſieur Ereſſieux, *a Phyſician in* Paris *maketh the water of Walnuts thus:*

THe firſt thing that buddeth out of theſe trees, is a long green excreſcence, like ſlender Pine Apples, which is called their Flower. Diſtil the water of theſe, and keep it, throwing away the *Caput-mortuum*. Then when the Nuts are as big as Haſle-nuts, ſtamp them in a Mortar, and ſtrain out the juyce; which diſtil till you have the *Caput-mortuum* of a thick conſiſtence, like an extract; which keep, as alſo the water. When the Nuts are growing big and have but a gelly inſtead of a kernel, and would be half ripe within ten days, or a fortnight: then ſtamp them as before, and diſtil their juyce to a like conſiſtence, as the other. Mingle your three Waters together; and this is his Water of Walnuts, which is a great Cordial: and when he will make Cinamon-water, he uſeth this only, without Wine or any other liquor to the Cinamon, and holdeth it for a great Cordial. The two thick conſiſtences (remaining after diſtilling the two juyces) he putteth together, and when he hath evaporated them to a fit heighth for making of Plaiſters (if they were not ſo already by their diſtilling) he putteth to them (removed from the fire) a little Venice Turpentine (an eighth or tenth part,

part, or a little more) and a little Powder of Cinamon and Cloves, and a little Wheat-flower to thicken it, alſo a little Salt; and keep it in a Pot all the year (where it fermenteth) to make a Plaiſter of it for the Stomach, from the *Sternum* to the Navil, and ſix or eight fingers breadth; which let remain on as long as it will ſtick, taking it off ſometimes to wipe a little water that ſometimes it draweth.

This comforteth and ſtrengtheneth the Stomach wonderfully, when it digeſteth not well. If you have none of this Compoſition ready, take two or three condited Wall-nuts (conſerved black; not green, or white) and ſtamp them to a Pulp, and mingle with them about as much Turpentine as a Haſle Nut, and ſome Wheat-flower to thicken it and a little Salt, and a little Powder of Cinamon and Cloves; and make a Plaiſter of this for want of the other.

You ſhould ſo proportion your ſubſtances or Nuts, as to have about a like quantity of juyce of each; as alſo ſo much of the Flowers as to have as much diſtilled water as out of either of the Juyces. For crudities and Indigeſtions of the Stomach, when a Looſeneſs followeth (which uſually cometh from eating more than one can digeſt) he preſcribed two or three days very ſlender diet; and then to eat on mornings three or four condited Walnuts, and to drink a little Wine after them, eating a mouthful of Bread; this ſetteth the Stomach very right.

The Nuts are conſerved black, for thoſe have all their bitterneſs and virtue in them (whereas, the white are pared; and the green are boiled in ſeveral Waters to make them ſweet; and ſo loſe their virtue) only rubbing off a little thin skin with a

Nap-

Napkin, after they have been boiled; then thrusting a Clove and a little stick of Cinamon, crosswise through them.

He had a good maxim to cure Diseases in men, rather by fitting and easie Diet, than by strong Physick.

About the Diet of Milk.

Monsieur du Clos, giveth the Diet of Milk to many Patients, as well as he hath taken it constantly these many years himself: and in all, he observeth the following circumstances. To those who digest it not well, and out of whose Stomach it goeth not soon enough, he gives a grain or two of Salt with it: To those with whom it curdleth, he giveth a little Sugar; and to those who are bilious, and in whom it turneth to choler, he putteth a little quantity of fair water.

He takes it often; as four or five times a day: about two *Paris* pints a day in all or better. If all day he taketh nothing but Milk, he finds it weakens him at length: therefore about noon, he eateth a manchet of fine light Bread, of about a penny price. But neither that strengtheneth him sufficiently; but he useth withal to eat then two dozen of good Damask Raisins (or more) eating first half his Bread, then twelve Raisins; then drinks a Porringer full of Milk upon it: Then he eats the rest of his Bread and Raisins, and drinks another Porrenger of Milk. With this course he groweth strong, fat and full of blood: but without Bread and Raisins, he becometh very faint, and cannot walk far: but with them he is fain to do much exercise, he finds his health require it, and he performs it with great ease. Every night at going to Bed, he takes a Pill of

of five or six grains of his Compoſition of Aloes and Juyces of Herbs, in a ſpoonful of Milk, and drinks three or four more upon it: which giveth him but one Stool the next morning; after which he is free for all day: but without his Pill, his milk would conſtipate him much.

To Digeſt a large Meal.

WHen one hath eaten a great meal, and that it lieth heavy and dead upon the Stomach, and digeſteth not, but would hinder one from ſleeping at night: It will digeſt preſently and trouble you no longer, if you drink a great draught of Claret Wine made as hot as you can well drink it; heat it ſo, that you may not loſe the Spirits of it, in a Silver Tumbler with a cloſe cover ſinking down, ſo that it may preſs upon the Wine, and conſequently no Spirits riſe into the void place between the Wine and the cover; which hindering of their motion, keepeth them fixed homogeneally through the whole body of the Wine.

Cinamon VVater, or Spirit.

TAke choſen Cinamon bruiſed one pound, ſpiritful white Wine three pound, pure Roſe-water two pound. Let them digeſt a day or two cloſe ſtopped, then diſtil it in a Refrigeratory: The firſt pound (or neer ſo much) will be pretty good; and the laſt, milky and ſweet of the Cinamon, but ſtrong of the Spirits. You may diſtill this, till you perceive it cometh no more ſtrong of the Cinamon. Keep every one of theſe three Waters in a Veſſel a part, cloſe ſtopped. Inſtead of white Wine, you may uſe a weak Spirit of Wine, or *Aqua vitæ*: but then

then you must take at least two parts of Rose-water to three of Spirit of Wine.

Lignum Casiæ *makes a much finer Spirit than Cinamon.*

PUt three or four pound of it well bruised to a gallon of Malaga Sack. Digest them together three or four days in *Balneo*, then distil with very gentle heat. If you will rest there, sever the first, second, and third running, as the custom is; but, if you will have it richer of the Wood, distil off all together as long as it cometh with vigor, and put that liquor upon fresh *Cassia* (the same is to be done with Cinamon) and digest as before. Repeat this till it be as strong as you desire. Then either separate the runnings as long as you will put new wood to the liquor distilled over, you distil till it comes with no more strength; but the last time you put fresh wood, you may keep three runnings each a part; or if you distil all over together, you may rectifie the liquor by it self, and then make your separating of stronger and weaker, so as to have some of such strength as you wish: or take a high Spirit of this, and mingle it with Rosewater in which Sugar is dissolved, and put Ambergris to it. Or do it with three parts of Wine, and two of Rose-water at the first putting upon the wood, and repeat it as often as you think fit; and then dulcifie that without putting more Rosewater to it.

The best way of distilling pure Spirit of Wine, is, to digest the Wine first eight or ten days close stopped in *Balneo*: But you must have a care that the *Balneo* be but luke-warm. Then distil it. You shall have thus twice as much Spirit of Wine as the ordinary

dinary way. You may keep such a heat as is requisite for this, with Sawdust, which is a slender expence.

Cordial Water of Clove-Gillyflowers.

PUt Spirit of Wine, or Sack, upon Clove-Gillyflowers; digest it two or three days: put all in a Glass-body, laying other Clove-Gill, flowers at the mouth of it upon a Cambrick or Boulter cloth (that the Spirit rising and passing through the flowers, may tinge it self of a beautiful colour) add a Head with a Limbeck and Receiver: Then distil the Spirit as strong as you like it; which sweeten with Syrup of Gillyflowers or fine Sugar. *Quære*, of laying Cinamon and Amber with the Flowers.

An Extract of Poppy-Flowers.

PUt Spirit of Wine upon red Field Poppy-flowers, digest it till the Spirit of Wine is highly tincted. Dicant, if it be not high enough, put it upon new flowers. When it is tinged enough, dicant and philter, and distil of the Spirit of Wine to the consistence of an extract, of which eight or ten grains is a Dose. This is to be used instead of a *Ladanum*; and with better success, in causing rest, and in Surfeits, causing a gentle Sweat, and thereby discharging the Stomach of what oppresseth it.

Limon Water.

PAre off the yellow rinds of Limons, thin as to make chips, which will be as low as the Pores go; and put them into a Glass body with a Head and Limbeck, and distil them in *Balneo*, with gentle heat.

heat. You ſhall have a very ſprightful water (with Oyl ſwimming upon it; which conſerves it) whereof a little will Aromatiſe Wine or any liquor, and make it very pleaſant. It is a very pleaſant Cordial-water to diſſolve Sugar in Orange-flower-water, and then mingle Spirit of Wine with it; both of them to your taſte, for ſweetneſs and ſtrength.

If you diſtil Raſpes in a cold Still, as you do Roſes, and put a little of that water into Sack or other Wine, or into Claret or White wine and Water; it will Aromatiſe it very ſtrong of Raſpes (without changing the colour) and make it very pleaſant; two or three ſpoonfuls is ſufficient to a quart of Sack.

An excellent Cordial Water of Sweet Marjoram, exceeding good for the Head and Memory.

FIll a Cucurbite, reaſonable lightly, with Sweet Marjoram duly dried; ſet it in an iron pot full of water, which is over actual fire, and fill it up with Brandy, and after a days digeſtion diſtil it gently. Keep the ſtrong Spirit by it ſelf; then change the Receiver, and keep the flegm by it ſelf, ceaſing diſtilling when it cometh inſipid, weak both of Wine and Herb. In neer a quart of this flegm diſſolve one pound of pure double refined Sugar, and let it ſtew ſome hours in boiling *Balneo* to make them incorporate well. If the liquor be not perfectly pure, heat the Solution to almoſt boiling, that the droſs may riſe for you to ſcum it off. A quart of this Syrup will ſerve to ſweeten near two quarts of the firſt Spirit, to moſt taſtes. You may either put more Syrup, or make the Syrup ſtronger of Sugar, if you are afraid of making the

Compo-

Compoſition too weak. You may make your firſt Spirit ſtronger of Herb, by drawing it again from freſh (dry) Herb. You may add Ambergris to make it more Caphalick and virtual. You may do the like with Roſemary tops and flowers.

To make Hipocras preſently.

TAke twelve drops of Oyl of Cloves, eight of Oyl of Nutmegs, and five of Oyl of Cinamon. Put them into a large ſtrong drinking Glaſs, and mingle well with them two ounces of the pureſt double refined Sugar in Powder. Then take twenty drops of Roſe-water in a ſpoon, and in it a little Ambergris, and a little Musk; and then pour that to your former Compoſition, and work all well together; and if you find the matter too moiſt, knead ſome more Sugar amongſt it. If you put a little of this Compoſition into a quart of Wine, and make it ſweet with Sugar beſides, it will taſte like excellent Hipocras.

To make a Coagulated Spirit of Ambergris.

PUt one ounce of Amber bruiſed into little pieces, into the head of a Refrigeratory. Let there be eight or ten ounces of pure Spirit of Wine in the Refrigeratory; cloſe the Joynts very well. Diſtil over the Spirit of Wine, and in paſſing over boiling hot, it will impregnate it ſelf ſtrongly of the Amber. Do the like with excellent Orange-flower-water made carefully of pure flowers, (and often rectified upon freſh flowers) and other freſh Ambergris. Put one part of the ambered water to three parts of the ambered Spirit of Wine, and they will inſtantly coagulate (to a drop) into a con-

consistence of Butter: which is, both very pleasant for the odour and taste, and also a very great Cordial. You may add an eighth part of Musk to the Amber. And when Orange-flower water cannot be had, use a pure and spiritful Rosewater instead of it.

Dissolve Ambergris and Musk (one part to eight) in sufficient quantity of pure Spirit of Wine (as sixteen or twenty parts to one) so that all the Amber may remain dissolved (after twenty or thirty days digestion) when the Glass is through cold. Dicant or philter it from remaining dregs. Put it into a Retort, or rather into a Body with a Head and Limbeck, and distil it off in *Balneo*, with as gentle warmth as may be, so that (for example) there be sixteen or twenty measures between every drop. Cease when you find the body dry, and like a soft Gum. This will be of an excellent odour and taste, and the Spirit of Wine will have carried over very little of the virtue or Spirits of Amber: Or put Spirit of Wine upon Amber, to be three or four fingers breadth over it. Digest it in *Balneo* till it be highly tincted: Pour off that and pour on fresh Spirit of Wine. Digest as before till it be tincted. Repeat this till you have all the tincture; then evaporate the Spirit of Wine to a Gum or Butter.

To make Sweet Water.

TAke Rose leaves, Bay leaves, Lavender, Sweet Marjoram, Eglantine, Pinks, of each two handfuls, Cloves, Cinamon, of each one ounce: bruise all these, and pour upon them two quarts of strong Ale, (that is near the grounds) let them infuse twenty four hours, then distil it, and draw it till the Ingredients remain almost dry.

An-

Another.

TAke Damask Roſes at diſcretion, Baſil, Sweet Marjoram, Lavender, Wall-nut leaves, of each two handfuls, Roſemary one handful, a little Balm, Cloves, Cinamon, of each one ounce, Bay leaves, Roſemary tops, Limon and Orange Pills of each a few; pour upon theſe as much white Wine as will conveniently wet them, and let them infuſe ten or twelve days; then diſtil it off.

Another.

Take juyce of Cloves three ounces, *Calamus Aromaticus*, Cypreſs, of each two ounces, *Orchis* half a pound, dry Roſe leaves, dry Spike flowers, of each two handfuls, Bay leaves one handful; beat all theſe to powder, and put them in a pot and pour upon them three gallons of fair water; and let them infuſe five or ſix days ſtirring it every day ſeven or eight times. Then diſtil it. Then take out the Bay leaves and uſe the reſt for Sweet-bags, you may hang a little Musk in the water

To Preſerve Fruit all the Year.

PUt the fruit into a fit Caſe of Tin, and ſoder it together, ſo that no air can get in; then lay it in the bottom of a cold Well of running water.

To make Perfumes to Burn.

TAke half a pound of Damask Roſe-buds (the whites cut off) Benjamin three ounces beaten to powder, half a quarter of an ounce of Musk, and

as much of Ambergris, the like of Civet. Beat all these together in a Stone-morter. Then put in an ounce of Sugar, and make it up in Cakes, and dry them in the Sun, or by the fire. There is no difference in making the Bags, but that they must be red Roses, and you leave out Sugar.

Cassolettes.

TAke Benjamin four ounces, Storax two ounces, *Lignum Aloes* half an ounce, Ambergris two drams, Musk twenty four grains, Civet one dram, twenty Cloves, Cinamon in powder two drams; the Peels of two Limons, (cut small without touching them with your hands.) Mix all these together with Rose-water, and make a paste of it with your hands; and never use it without Rose-water or other Sweet water. You may steep Gum Tragacanth in Rose-water till it become a Mucilage, and with that work the other Ingredients into a paste, and form it to Cakes for use.

o make an Odoriferant Ball.

TAke Benjamin two drams, Storax, pure fine *Ladanum*, of each one dram, Bark of Cedar, the thin rind of Orange and Limon, Violets, Odoriferant Roses, Rosemary, red Sanders, *Calamus Aromaticus*, of each half a dram, Cloves, Cubebs, *Ireos* of *Florence*, of each two scruples. Reduce all these into powder, and make Paste of it with Gum Tragacanth steeped in Orange-flower or Rose-water. Then, heat a little the inside of a Mortar, and put a spoonful or two of Orange-flower or Rose-water in it, and upon that put one scruple of Civet, and half a dram of Ambergris, and grind it well together with

with a warm Peſtil. When it is well incorporated, put half a ſcruple of good Musk to it, which incorporate alſo ; dropping into the Compoſition thirty drops of Oyl of Lilly Convally, when it is all cold. Then mix this Compoſition with the firſt Paſte, working them well together ; and laſtly, add to it ten drops of perfect Oyl or Quinteſſence of Cinamon made by Diſtillation. Then form this into Balls of ſuch a bigneſs as you will have them, and dry them in the ſhadow.

Roſe Paſtils to Burn.

TAke Benjamin three ounces, Storax two ounces, Alexandrine or Damask Roſe-buds one ounce; grind the Roſes by themſelves, and the reſt alſo : Then take Lignum Aloes, Amber, fine Sugar, Civet, powder of Cypreſs, of each half a quarter of a pound ; grind all theſe well together. Then mix it with Gum Tragacanth diſſolved in Orange-flowers or Roſe-water, and make them up.

To make Mouth Paſtils.

TAke fine Sugar well ſifted one pound, Ambergris two drams, Musk half a dram, grind the Amber, and Musk with a little Sugar, putting it in by little and little till all be well incorporated. Make paſte of this, thus : Take ſome Kernels of Quinces, bruiſe them, and put them to ſteep in fair water twelve or fifteen hours ; then ſtrain the water through a Linen, and it will be gluant ; with this make up your paſte, and let them dry in the ſhadow, putting a ſieve upon them to keep it from the flies.

To make a Pomos *like those that are made in* Spain.

TAke Benjamin half a pound, steep it in Rose-water; expose it to the Sun the space of six weeks, stirring it three or four times a day; and when you see that it groweth dry, add still more Rose-water to it. Then grind it well with four Cloves, and a little Cinamon in powder, and one ounce of Storax, half an ounce of the thin rind of Limon shred very small, half an ounce of Ambergris, a quarter of an ounce of Civet, half an ounce of the perfumed Italian Powder, one ounce of Rose powder, a dram of Musk; boil this together in as much Rose-water as will just cover it till it be well incorporated together. This proportion will serve for eight *Pomos*. In using it you must keep it always covered with Rose-water.

To make the Sweet Water, called in French L'eau d'ange.

TAke three pints of Rose-water, half a pint of Orange-flower water, Musk, Ambergris, Lignum Aloes, of each twenty five grains, Civet fifteen grains, Benjamin four ounces, Storax one ounce, all in fine powder; mix all these well together, and put them in a brass Pot, covering it very close with Linen, and set it to boil in a kettle full of water the space of three hours; then pour off the clear, and put upon the remaining matter the same quantity of fresh Rose and Orange-flower water, and five or six grains of Civet. Then of the rest you may make Pastils or Cassolettes.

A pleasant and wholesome Perfume for Tobacco taken in a Pipe.

TAke one ounce of the hard Balsom that is in Nuts, Ambergris half a dram, Oyl of Annisseeds six drops, Oyl of Cinamon six or seven, or ten drops, Oyl of Thyme, five drops, Oyl of Nutmegs, Oyl of Lavender, of each two drops, Oyl of Cloves three drops; work all these well together by long malaxation in a Mortar warmed a little, into an uniform gummy substance: whereof as much as a Pepper-corn pressed in at the top of a Pipe of Tobacco, will make it taste exceeding well, and perfume the mouth and Room very pleasantly, by taking it in smoke.

Another.

TAke Balm of *Peru* half an ounce, seven or eight drops of Oyl or Quintessence of Cinamon, Oyl of Cloves five drops, Oyl of Nutmegs, of Thyme, of Lavender, of Fennil, of Annisseeds, (all drawn by Distillation) of each a like quantity, or more or less as you like the odour, and would have it strongest. Incorporate with these half a dram of Ambergris. Make all these into a Paste, which keep in a box. When you have filled your Pipe of Tobacco, put upon it about the bigness of a great pins head of this Composition, and it will make the smoke most pleasingly odoriferous, both to the takers and to them that come into the Room; and ones breath sweet all day after. It comforts the Head.

To convert Water into Ice in Summer, without the help of either Ice or Salts.

PUt boiling Water into an earthen Pitcher or Pipkin, that it be full; cover the mouth of it and ſhut it very cloſe; and ſo hot hang it in a deep cold Well, in the Water; after a while, the boiled Water will be all become Ice, ſo that you muſt break the Pitcher to get it out.

To Convert Water into Ice with Snow or Ice Immediately.

SEt a Glaſs of water in a Baſon of Ice or Snow, as you do an Egg in Salt; and ſet a quick fire under the Baſon, and it will preſently drive the cold of the Snow or Ice into the Water; and make it Ice.

If you put Snow and Saltpeter into a quart Pot, and ſet the Pot upon water ſpilled upon a Table, and ſtir well the Snow and Salt with a ſtick; the Pot will preſently ſtick to the Table.

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